

Dr. Peter Morgane Passes Away at 83

BY ELISABETH ZIEMBA
Nor'easter Staff

Dr. Peter Morgane, faculty member and researcher at the College of Osteopathic Medicine's pharmacology department, passed away on September 27, 2010 in Biddeford at Southern Maine Medical Center after a short illness. Dr. Morgane joined UNE in 1985, and remained a lecturer and a researcher at UNE until his death, having earned Professor Emeritus status in June of 2010.

Dr. Morgane, in addition to being a beloved member of the UNE Faculty and community, was, with his wife Cécile, the largest individual donor in UNE's history. In the spring of 2009, UNE's newest academic building opened its doors: the Peter and Cécile Morgane Hall. Donations in the past few years from Morgane have made this and other buildings possible, including the Cécile Morgane Research Laboratory in the Pickus Center for Biomedical Research, in memory

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Peter Morgane

of his late wife. Dr. Morgane issued a \$300,000 challenge, the "Morgane Challenge", to garner additional donations and more than 165 donors have met his challenge.

Dr. Morgane published his research extensively, with more than 240 full papers in academic and scholastic journals. At UNE, he worked with Dr. David Mokler on the emotional brain, and many other projects. In his biography on the UNE website, four out of the five selected publications were co-written with Dr. Mokler, and together, the two men edited an entire volume of the Journal of Neuroscience and Bio-Behavioral Reviews.

In a news release on September 27, UNE President Danielle

Possible Gambling Site to Join Biddeford Community

BY KATELYN KAULBACK
Nor'easter Staff

Scarborough Downs is a horseracing track located just off of Route 1 in Scarborough. Sharon Terry, who has owned the track for the past eight years, is struggling to make ends meet. She claims that the track is expensive to operate, and therefore she is looking for a new way to gain revenue. She wants to change Scarborough Downs from a regular track into a "racino," similar to Hollywood Slots, located in Bangor. A racino is a track that also has slot machines, and unlike a regular casino, tracks have been allowed to convert to racinos in the state of Maine since 2003, as long as the city residents agree. In 2003, Scarborough voters rejected the conversion. The question appeared on the

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Arthur Goldstein

Arthur Goldstein Leaves UNE: Dean Position Remains Vacant

BY CONSTANCE GLYNN
Nor'easter Staff

As some may or may not know, the Dean position of the University's College of Arts and Sciences is currently vacant. Arthur Goldstein had been the Dean of UNE's College of Arts and Sciences for about two and a half years until he left a couple of months ago, at the beginning of June. He took over the position in January of 2008 from Alfred Fuchs. Originally educated in geology, Goldstein served as a faculty member at Col-

gate and, previous to this, as a director of the National Science Foundation. It is understood he received a better offer from Bridgewater State (which is in the process of converting to a University), where he is now the Founding Dean of the new School of Science and Mathematics. Did he have a contract with UNE? Yes, although negotiating does exist, and this is what is said to have occurred.

The process for hiring a new Dean is a lengthy one; complete with a nation-wide search, for it is in the best interest of the University to have

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123 First Year Medical Students Take Osteopathic Oath

BY MANDY RANCOURT
Nor'easter Staff

The University of New England's College of Osteopathic Medicine hosted its fourteenth annual White Coat Ceremony for its 33rd entering class at the Holiday Inn by the Bay in Portland on Thursday, October 7. With over 1,000 guests in attendance, 123 first year medical students were "coated" by their second year peers and other physicians.

"The presentation of the white coat – the symbolic mantle of the medical profession – by physicians to the first year students, underscores their bonds as future professional colleagues" says Dr. Marc Hahn, Senior Vice President for Health Affairs and Dean of the College of Osteopathic Medicine. The ceremony also symbolizes the students' loyalty and devotion to becoming a Doctor of Osteopathy. In addition to receiving their first white coats,

the students took the osteopathic oath and received words of advice and encouragement from numerous speakers and staff members.

The White Coat Ceremony was conceived by the Arnold P. Gold Foundation to "create a psychological contract for professionalism and empathy" in medicine. It occurs at many medical schools around the country. Numerous College of Osteopathic Medicine students have been read and agreed to the Osteopathic Oath over the years, and UNECOM's Class of 2014 are just the most recent students to experience this rite of passage.

Adam Lauer, D.O. was graduated from UNECOM in 2000 and is now the President of UNECOM's Alumni Association. He read the Osteopathic Oath to students along with the osteopathic physicians in the audience, and asked them to promise "to be mindful always of my great responsibility to preserve the health

and the life of my patients, to retain their confidence and respect both as a physician and a friend who will guard their secrets with scrupulous honor and fidelity." The oath demands students "To my college, I will be loyal and strive always for its best interests and for the interests of the students who will come after me."

Dr. Hahn welcomed the students and guests and asked for their thoughts and prayers regarding the passing of Dr. Peter Morgane, the injury of Dr. Audrey Okun-Langlais' son and the accident that left former MSI student Aaron Martinuzzi a quadriplegic. He said that "All of these events impact us and make us who we are: caring members of a professional community who are privileged to be able to provide care and support to those in need."

Dr. Hahn told the students that "Tonight's ceremony is just one step on the path that leads towards the professional goal



MANDY RANCOURT, NOR'EASTER NEWS

Family and friends of UNECOM's first year medical students as well as supportive physicians attended the fourteenth annual White Coat Ceremony on October 8 in Portland.

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New Management in ITS Leaves Employees Feeling Betrayed

BY HADLEIGH SMITH
Nor'easter Staff

The Information Technology Services (ITS) Department is in the process of being outsourced to another company outside of the University of New England. This means that employees of the ITS department are no longer working for the University, but instead, the ITS department will be managed by SunGard, a Fortune 500 Company focusing on providing software and computer services to educational organizations. It is unclear to employees whether

this will simply lead to a different signature on their paychecks or whether the change will manifest itself in additional ways, such as possible cuts in pay or benefits. The ITS department has not been able to keep up with the growth of UNE and catching up may be a very expensive and expansive process.

This seems to be a touchy subject among University employees and few were willing to answer questions or comment on the changes to the department. However, Holly Haywood, Director of Academic Support at

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RACINO

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ballot again in 2008, and was again rejected. Terry's love of horses and racing is so strong that she is willing to do anything to keep it open, including moving to a new location in Biddeford.

In order to do this, Scarborough Downs is joining forces with Ocean Properties, Ltd. Ocean Properties is a hotel management company based out of Portsmouth, NH. In addition to building the environmentally-friendly racino, they also plan on constructing a 200-room hotel. They have proposed to build on the 88 acres of land owned by the City of Biddeford off of Route 111 on Andrews Road, which is located past the Biddeford Crossing shopping center.

This racino would create an estimated 500 jobs, not including the workers involved in construction. The city of Biddeford predicts that crime rate will not increase, because crime rates in Bangor have not increased since the installation of their racino. The need for additional city police and fire rescue is currently being evaluated. Also predicted from Bangor, Biddeford would gain approximately five million dollars annually from gaming revenue, in addition to whatever taxes may be added to this.

A problem foreseen by many is traffic. Since Route 111 is already typically busy

during commuting hours, it is believed this racino would only add to the existing traffic. However, if approved, the city of Biddeford plans on working with the Maine Department of Transportation and the Turnpike Authority to construct an exit off of the Maine Turnpike leading directly to the racino.

The mayor of Biddeford, Joanne Twomey, supports the plan and believes it will bring tax relief to future potential property taxes. She is confident in Ocean Properties and their ability to build a "high class" facility, based on their previous work. She stated that in Bangor, Hollywood Slots has attracted more visitors to not only the racino, but to the downtown area as well, and she believes the same will happen in Biddeford. The Heart of Biddeford declined to comment on this article.

The future of the racino lies in the hands of the Biddeford voters. Question 1 on the Biddeford referendum ballot will read: "Do you favor the operation of slot machines at a commercial harness racing track to be located in Biddeford, Maine, subject to the approval of appropriate contracts and financial agreements to be negotiated and voted upon by the Biddeford City Council and subject to any necessary zoning amendments permitting the use?" Look for an answer to this controversial issue in the upcoming election.

Student Health Corner

BY CHERRY BAKER
Nor'easter Contributor

The staff of the Student Health Center will be contributing a regular article to the Nor'easter News! This first article will introduce you to the staff and health center services. All you ever wanted to know about the Student Health Center. We welcome ideas and requests for

articles; you may send those to studenthealth.une.edu.

The Student Health Center on the Biddeford Campus is located in the lower level of the Sanford F. Petts Health Center. It is staffed with two family nurse practitioners and two medical assistants. The Student Health Center on the Portland Campus is located in the lower level of Ginn Hall. It is

Additional Security Implemented at UNE

BY JESSICA HAMEL
Nor'easter Staff

Those students who live in the brand-new Sokokis Residence Hall, know all too well that there are cameras in various locations in and around the building. Why are the cameras just in Sokokis Hall and not in any other resident halls or University buildings? This is a common question heard from residents. There have been a few misconceptions surrounding the discovery of the Sokokis cameras, after talking with Forrest Finkler, the Residential Area Coordinator in Sokokis Hall, and Don Clark the Director of Safety and Security, a few of the misconceptions were cleared up.

The cameras are not all throughout the building, as some people have said. They are positioned to see the entrances and exits of the building, the Sokokis parking lot, and the gateway underneath Route 9 which connects the Morgane parking lot to Sokokis Hall. The cameras are placed for basic security purposes to ensure safety around the residence hall and for all the residents who live in it. The cameras near the

doors are positioned to see who is exiting more than who is entering. The few cameras that are positioned around the gateway have a very clear view of the gateway itself, and the pathways leading up to it. The camera that is positioned to overlook the parking lot can be moved by security to see almost every part of the parking lot and the Nor'easter Way, which is the road leading to the blue turf field. There is also another camera that can be moved by security that has been placed just outside the end of the West Wing, to show the entrance walkway of the building and the pond.

Whoever is working dispatch for security is the person who monitors the action caught on film. No one is watching the footage at all times, and when someone is watching, the program is minimized so people walking by cannot see what is going on. Housing officials do not have direct access to the monitors, but if there is a specific incident that needs to be looked at, security can look back on the history of the tapes and inform housing officials of what they need to know. If an incident occurs, Don Clark is the

only person allowed to burn parts of the history. To ensure privacy of students, every security officer must sign a document that outlines the terms and conditions for the use of the cameras.

For years, Clark has asked UNE to have cameras around campus and this is the first year that they have allowed it. One reason why only Sokokis has cameras is that the addition of the cameras was convenient during the building's construction. Also, it is starting the push to place cameras in high traffic areas around campus. With the addition of the gateway, it was imperative to Clark that cameras be positioned around it for safety. The cameras in Sokokis are the start of a bigger project that will not only help to multiply the security staffing, but will also allow security to see if putting cameras around other parts of campus will benefit the safety of the students. In the future, Clark hopes to place cameras in all parking lots at UNE, and in other high traffic areas. Ultimately, housing staff and security see this as a positive step for the safety of students on campus.



One of the security cameras ensuring student safety.

TOM HINMAN, NOR'EASTER NEWS

staffed with one family nurse practitioner and one medical assistant.

Nurse practitioners are advanced practice nurses fully licensed in Maine to provide a full range of primary health care. Nurse practitioners are able to diagnose and treat illness and injury, manage acute and chronic illness, prescribe medications and treatments and order diagnostic tests. Nurse practitioners collaborate and consult with other health care practitioners and specialists when needed.

Cherry Baker MSN, FNP-C works at the health center full time. Mary Lou Burgess works part time at the health center. We couldn't do it all without the medical assistants Patty Stevens works full time in the health center. Barbara Shuman works full time in the health center. Kim Boothby Ballantyne NP works full time at the Portland

Campus Student Health Center. Heather Martin works full time in the Portland Campus Student Health Center.

Here is what we offer at the Student Health Center, keep in mind all of our services are private and confidential. We offer care for acute illness and injury; immunizations, physical exams for entry requirements, athletics or annual exams for women and men. We offer family planning services, birth control, emergency contraception and STD testing. We are able to help manage ongoing health issues in cooperation with your primary care provider or specialist at home. We are able to refer you to specialists here in the local area if needed or requested. We offer some laboratory services; some are in house, others we send to an outside lab. We provide information and education

on weight management, smoking cessation and enjoy answering your health care questions. You may also find us out and about at various events, or speaking at a Lunch and Learn or other forum on campus.

WE ARE CURRENTLY OFFERING FLU VACCINE!! WE HAVE FLU SHOTS AND NASAL VACCINE. YOU KNOW WHAT TO DO; DON'T GET THE FLU. If you think you might have the flu here's what to do. Come to the Student Health Center. We can determine whether it is really influenza (the Flu) or a cold. We have antiviral medications that can help reduce your symptoms if it is the flu. The best way to treat the flu is to prevent it.

So, stay healthy, study hard, and stop in to say "hi" at your local Student Health Center.

"Retention:" The New "Buzz" Word of Student Affairs

BY BRANDON HOTHAM
Nor'easter Staff

Retention, in this case, is not how well one can retain facts and figures in memory, but rather, how well UNE can keep its students staying here year after year. This word, in recent years, has become the new "buzz" word of the Student Affairs Division.

According to Cynthia Forrest, Vice President for Student Affairs, Retention is "helping students understand what resources are here that can help them and assist them in their education." Nor'easter News had the pleasure of talking with Dr. Forrest about what retention really means, and why it's so popularly used in the division in recent years.

"Students are at the heart of our enterprise in all aspects. We focus on student's holistic development in all aspects, both in and outside the classroom," says Forrest. The Vice President went on to say that the university is interested in value for students, and that decisions made within UNE are student centered. Administrations goal is to graduate students who have taken advantage of everything available; to graduate students who are committed, competent, and global citizens. "Retention is really the measure of this process," com-

mented Forrest.

Forrest went on to talk about how each major in every college has at its core a content area that is broadly based. This allows for students to apply knowledge and make a difference in the world. Forrest believes that the curriculum here provides a rich place for expression. Forrest spoke to opportunities not only in student involvement, but also for students to connect with faculty through student-faculty research.

"We realize that when students are admitted to this institution, they make a commitment. We, in return, make a commitment when we recruit them to ensure their success in all aspects of their development: both educationally and personally," stated Forrest. Forrest commented on how in the past at various institutions, the old mantra was for students to, "look to left, look to the right...one of you won't be there by the time you graduate." However, things are changing in modern times of higher education. This is no longer the philosophy, and hasn't been at UNE for quite some time.

This idea of retention, and keeping retention up, is driven by UNE's Mission Statement, which at its core, has a student centered attitude. Forrest spoke to the vari-

ous departments on campus meant to help students: multicultural affairs, student involvement, residential education and housing, all the deans' offices, career services, the health center, the counseling center, the registrar, the first year connections groups, etc. All of these are meant to help student's success, and increase their knowledge base: both are crucial to high retention, says Forrest. "For every staff member, retention is the goal," says Forrest.

Forrest also spoke to the moving of student offices in Decary (USG, Yearbook, APB), the newly formed offices for the Westbrook College of Health Professions Students also in Decary, and the new 24 hour library access available to students as more ways in which students can connect and increase their success. Forrest ended by saying, "I'm new, but things have not changed in the sense that students matter most." UNE's retention rates increased from around 77% between the first and second year last year, to just over 80% between the first and second year currently. Is this measure enough to determine if UNE's student driven initiatives are working? It appears that way; only the future of UNE's student population will tell.

new management will offer better organization and leadership within ITS. Yet, others feel underappreciated and betrayed, as employees were not consulted before or during the negotiations. The long negotiation process has taken its toll on employees and added a bitter element to the working environment, exacerbating the frustration felt by department employees. Since it is unclear how this transition will affect workers, many are worried about possible changes in their benefit packages. For example, some ITS employees relocated their families to the area for a job

at the University and reviewed the benefits carefully before accepting positions here. Those with children also factored in the educational advantages that come along with being a University employee. Haywood said, "We take pride in the work we do... I see folks who work incredibly hard and are truly committed to quality. It doesn't feel like that has been rewarded."

Although changes are everywhere, UNE will still provide students with an ITS department, but the services may be marginally different. Haywood has expressed a concern that the quality of services may suffer due to the

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Ripich said, "We mourn the loss of our dear friend, but know that Peter's legacy of scientific discovery will live on at the University of New England". In Morgane's biography, Dr. Tim Ford, UNE Vice President for Research and Dean of Graduate Studies, says, "Sometimes we get too involved in the 'fine print' of a life in research, but what Peter always made me realize was that it means nothing if we fail to disseminate new knowledge - 'Publish or Perish,' the old adage that Peter so accurately and appropriately represented. We will miss his constant presence in the Cécile Morgane Research Laboratories. He will always be an integral part of

UNE's vision - that through research we can improve the lives of people with neurological disease." Dr. Morgane was a well-respected and well-liked member of the UNE community, but also of Kennebunkport. His funeral was held on October 1, 2010 at St. Martha's Church in Kennebunk and he was interred beside his wife at Arundel Cemetery in Kennebunkport.

You can read more about Dr. Morgane, including Dr. Ripich's news release regarding his passing, on the UNE Website under the News heading. Ripich closed her news release with the statement that perhaps best sums up the UNE community's feelings: "He will be missed."

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the best, most qualified person for the job. Not only is the opening posted on UNE's webpage, but it is also listed in The Chronicle of Higher Education. By the end of this month, the University will have specific candidates for the position.

Is it typical for the position to still be open at this point? Yes, for Arthur Goldstein left only a few months ago. However, looking over the past Deans of the College of Arts and Sciences, one can't help but wonder if the amount of turnover we've had is common. Within the past 5-7 years, four Deans have served; Jacques Carter, Paul Burlin, Alfred Fuchs, and most recently, Arthur Goldstein. Yet, all but Goldstein remained within the University; Jacques Carter now serves as Provost, Paul Burlin is an associate professor in the History Department, and Alfred Fuchs is a member of the Board of Trustees.

Is this type of turnover a unique characteristic of UNE? To answer this, Stine Brown, the current Interim Dean, a former professor in life

sciences, and most recently, the Chair of the Biology Department, has been addressed. When asked about the seemingly unusual turnover rate, Brown replied that she simply could not explain it. Brown took over her new position only a few months ago on June 1 and is serving in the absence of a Dean. Although she did apply for the Dean's position, she has since withdrawn her application with the strong belief that she can do more to better prepare herself for academic administration. With the support of President Ripich and Provost Carter, she will maintain her position and serve as Interim to whoever is selected as Dean throughout this current academic year. A broad conclusion was drawn that this type of turnover does not appear to be typical of other institutions and thus is a trait of UNE alone. Since Goldstein declined to comment for this article, UNE is left with an unexplainable occurrence and a continued search for a Dean of the University's College of Arts and Sciences.

change in management and lack of morale; however this is just one possibility. In the end, it is a waiting game to see just how this

transition will affect the University, both from a student and employee perspective.

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the Teaching and Learning Center, offered some insight into the transition. Employees in previous years have been overworked and mismanaged, performing well beyond their job descriptions. Funds and resources were not effectively allocated and outsourcing the department seemed to be a quick fix to these issues, but it has lead to tensions within the department. As Haywood put it, "when you run into roadblocks at every turn you eventually wind up discouraged."

Some employees believe the

A Preview to Friends and Family Weekend

BY TARA CONNELL
Nor'easter Staff

Inviting family and friends to visit on campus has been said to reduce feelings of homesickness. So, to help students and families deal with this, a special weekend has been set aside here at UNE to stop said feelings from growing. Beginning Friday, October 15, UNE will continue its tradition of carrying out an eventful weekend designated for students' special visitors. This year's Friends and Family Weekend festivities, according to Jessica Nadeau, Chair of the Friends and Family Committee, has been undergoing the planning process since last fall, through the work

of Nadeau and her fellow peers. When asked why she decided to take on this large responsibility, Nadeau said, "I wanted to be the one to plan this unique experience for friends and families to join us here on campus for a fun-filled weekend". Through the organization and commitment of the Friends and Family Committee, the events planned have been strategically chosen to provide an accurate representation of the many activities that take place at UNE throughout the course of the year.

With that said, what can students and their families expect Friday, October 15 through Sunday, October 17? The weekend will kick-off Friday with a South-

ern Maine Open Mic Night, held in the Hang. Here, fellow classmates and friends from the community can be found performing music of all genres, including self-composed songs. Along with the local talent, musicians, such as Jason Lavaser and Rob Duquette and Jazz trio, are expected to appear. Families will also have a chance to relax and enjoy their time at UNE at a luncheon in the Decary Dining Hall, which will include a background of jazz music. Caricatures and photos with the UNE mascot Stormin' Norman will also be provided to create a lasting family memory.

Clubs and organizations from all over campus will be hosting a craft fair, along with

advertising the many opportunities to get involved on campus, outside of the classroom. "Craft time" will allow families to enjoy making something to take home, and the Activities Programming Board will be hosting their annual Casino and Bingo night, with prizes in store. Students can sign up to take a bike or boating adventure outdoors, and tours of the campus will also be provided to show families student-life here at UNE.

Another event will be the UNE Players production of Shakespeare Abridged, showing all weekend at the Biddeford City Theater. Students in the play claim that it is "a hysterical show, that will make your stomach hurt

from laughing so hard," and tickets will be available at the door. UNE is also bringing "believe it or not" performances including an extremist who has perfected the art of swallowing swords and the various magic tricks of Dan Martin. According to the Friends and Family Committee, this weekend has been planned at this particular time because students are finally settled into school and can show their families what UNE is all about. It is the committee's ultimate goal to have something for all visitors and to have people leave with their own, personal UNE experience.

UNE's Goals to Lower Carbon Footprint Being Met

BY DANIELLE CROPLEY
Nor'easter Staff

Many changes are happening at UNE. One of which is the plan being implemented to reduce UNE's carbon footprint. Through the work of UNE's Sustainability Coordinator Alethea Cariddi and students in the Environmental Studies program, the University is undergoing several projects to make campus more eco-friendly. However, one must ask how these projects will come to be finished results? The answer: over \$238,000 in grant money that has been awarded to the school in order to complete and meet the goals set aside by Cariddi and her students.

To summarize the incoming grant money, third-year Environmental Studies student Ryan Kingston, provided information on the three different grants UNE has received. Since Kingston was an integral part of the three week grant-writing process, he has first-hand knowledge of just what exactly went into this eco-project. The first of the three grants was in the amount of \$154,160, and it is to be used for building automation and energy management upgrades in the forms of CO2 sensors that will allow heating and ventilation systems to turn off when there is no use for them. The second grant is \$50,000, and will be used to provide UNE with a solar hot water system and a performance monitoring display located at the Campus Center. The solar panels will be located on the roof of

the Campus Center and will be providing domestic water uses to students in the form of hot water for showers and other necessities. The final grant is worth \$37,347, and it is to be used to purchase new LED lights for UNE's parking lots (which includes lots 6, 8, 10, 16, and 20). Kingston says he had the biggest hand in writing this grant and claims that this step will involve removing old, unreliable fixtures, and replacing them with new LED fixtures that will cut down the energy used on a daily basis. Although the writing and receiving of the grants is important, the grant processes will not be complete until the contract negotiations are solidified.

Along with Kingston and other students, Cariddi says many other people were essential to making this project a reality. She states that many partners developed the technical information for the grants including Trident Controls (who were involved in the building automation grant), ReVision Energy (who were involved with the solar thermal grant) and Sebago Energy Conservation (who helped with the LED lights grant). Other UNE community members that had a hand in this process included Scott Wintel, Troy Thibeault, and Tom Clow, who are the HVAC lead, the HVAC technician, and the Facilities Manager, respectively.

Cariddi also hopes that this environmental mission inspires and motivates UNE in terms of their energy uses and misuses.

She would like to see UNE become more aware of the behaviors that need to be changed on campus and how important it is to replace UNE's current energy sources with more renewable means of power. Both Kingston and Cariddi want to see some active changes at UNE and strongly believe that the changes to the heating and ventilation system, the new lights, and the solar panels, especially, will become a great learning opportunity for students interested in other forms of energy. These changes will also help keep students more focused in class (due to an unvarying climate) and will make them feel safer with brighter lights that actually work at night.

Not only will these new additions be a positive series of changes for UNE as a whole, but it will also help to strengthen the Environmental Studies department on campus as well. These visible changes will help to engage students, both current and prospective, which can only lead to further growth at the University. Cariddi is looking forward to the completion of said projects, especially the Climate Action Plan, which is going to inspire a holistic means of lowering UNE's carbon footprint. All in all, the environmental adaptations being made here at UNE are multi-faceted and beneficial in many ways, and the ideal goal is that this project will, in the words of Kingston, "foster a culture of more environmental awareness."

Enrollment Management Switch

BY ALYSSA FASTNACHT
Nor'easter Staff

Recently, the Enrollment Management Division at UNE was transferred from Academic Affairs to Student Affairs. Enrollment Management now reports to the Vice President of Student Affairs, Dr. Cynthia Forrest instead of Provost Dr. Jacque Carter according to Dean of Enrollment Management, Karen Lucas.

The idea behind the switch has been primarily student centered. "We want to provide a more seamless experience from Admissions to entry to being active alumni. We are working on the pieces that directly touch student's lives," explains Vice President of Student Affairs, Dr. Cynthia Forrest.

With the new integration of Enrollment Management into the Student Affairs Division, the

University is looking to improve communication with and connection of all departments. There is going to be a lot more conversation in order to better the way the University reaches out to all of the students and especially the first years.

There have been many innovative ideas and also programs set in place in order to reach out to our students, both current and prospective. The University has al-

NCAA's 2010-2011 Banned Substance List

BY DEIDRE DICKER
Nor'easter Staff

Sorry athletes, but your "monster" will have to come from within this season. Each year, the National College Athletic Association, or NCAA, produces a Banned Substance List, which prohibits the use and consumption of certain chemicals by college athletes. The drug classes on this list include stimulants, anabolic agents, alcohol and beta blockers, diuretics (water pills) and other masking agents, street drugs, growth hormones and analogues, anti-estrogens, and beta-2 agonists. Because many of the ingredients found in common energy drinks, like Monster®, Red Bull®, and Nos®, fall under one, or more, of these drug categories, these drinks are now considered banned substances as well.

Stimulants are the most common of the illegal substances found in energy drinks because they cover a wide range of chemicals. These chemicals include anything from caffeine, ephedrine, or synephrine, to Ritalin and Adderall. The banning of caffeine may prove to be the most problematic because virtually every energy drink contains it. According to the NCAA's 2010-2011 Banned

Substance List, the concentration of caffeine allowed to be detected in a urine sample is restricted to 15 micrograms per milliliter. 15 micrograms calculates to about 0.015 milligrams, and it would take 29.573 milliliters to make 1 ounce. A 12-ounce serving size of Jolt® contains 71.2 milligrams of caffeine, and an 8.2-ounce can of Red Bull® contains an astonishing 80 milligrams. The NCAA's problem with all this stimulation? Too much can cause serious side effects, like paranoia, panic, anxiety, and delusions. An athlete's stimulant use can also contribute to health issues while exercising, including increased body temperature and dehydration.

Kristen Bailey, UNE's Assistant Clinical Professor/Assistant Athletic Trainer, helped to explain the specific guidelines of the new policy. "The NCAA mandates documentations of prescription drugs taken by players," Bailey said. So, banned drugs that are medications for ADD and ADHD must be reported to the athletic staff before using them. Though drug testing in Division III is usually limited to playoffs, it is important to comply with the substance rules. If a drug test proves positive for any of these medications and the athlete did

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ready been able to launch some of these programs such as the Bike Tours which started over this past summer, and the newest iPhone app which is a virtual tour that you can watch directly on your iPhone. We also have about forty alumni around the country who have offered to help out with recruiting students from their own areas.

As for current students, Registrar has developed a quiz accompanied with a podcast tutorial for students to aid with online registration. First year students also have access to an online program called MAP-Works (Making Achievement Possible), which is affiliated with Ball State research. This is an online survey which, according to their website, is a "student retention and success program designed for both first and second year students. It identifies students early in the term allowing for immediate support and intervention. MAP-Works then serves as the infrastructure to manage those critical outreach efforts on your campus."

This website offers advice to students about what they need to work on and gives tips on how to become more involved with a kind of stoplight system where a green light means the student is on track and in the clear, yellow means the student has room for improvement, and red which is an alarm that he or she needs to

make adjustments in order to feel more connected at the University.

In addition to MAP-Works, Student Affairs will also be sending out a Student Satisfaction Survey in the spring semester through which upperclassmen as well as first years will have the opportunity to voice their opinions, whether they are good or bad. The collaboration of each of the departments under Student Affairs will make reviewing and resolving some of the issues being presented by students a much easier process. Again, UNE is putting a lot of extra effort into keeping the students at the center of all of its decisions.

Beyond the move of Enrollment Management, UNE has also just hired a Director of Admissions, Martin Kinard, who will be working to bridge gaps between faculty/staff and the other departments by meeting with and listening to any issues they may be confronted with at the time. All of the new steps that have been recently put in place are to simply make things easier for both faculty and staff according to Dr. Forrest.

She states, "This is still new, and I'm still listening and learning. I'm trying to give everyone support and listen to the faculty and department chairs so that we can improve on what we do."

OATH

CONTINUED FROM PAGE 1

each of you have established for yourself: that of becoming an outstanding osteopathic physician.

Both Dr. Hahn and President Danielle Ripich, who also spoke at the event, mentioned that the educational excellence in geriatrics and rural medicine and the primary care education at UN-ECOM ranks it among the top medical schools in the nation.

President Ripich said "Time and time again we hear stories from our students and alumni about how their lives were dra-

matically changed by a special teacher, a unique course or a clinical experience. I hope that kind of transcendent educational experience happens to each of you while you are a student here."

The ceremony's keynote speaker, Dr. Martin Levine practices as a board-certified family physician in New Jersey and is the President-elect of the American Osteopathic Association. Dr. Joel Kase, President of the Maine Osteopathic Medical Association, Dr. Kenneth Johnson, Associate

Dean of Educational Programs and Vice Dean and Dr. Nancy Cummings, President-elect of the Maine Medical Association also spoke at the event. Second year medical student Matthew Holz, Associate Dean Bates, Michael Morel, Chairman of the Board of Trustees of the University of New England and Dr. Peter Dane, Associate Dean of Academic Affairs also addressed the class of 2014.

Biddeford Police Blotter

10/01/10

-Caller reports male subject in a red shirt and jeans has broken open the cable box on the house. Caller believes that the subject is rigging the wires.

-Caller reports a male and female yelling at each other and that they are in each other faces.

-Caller requesting to speak to an Officer in reference to high school students trespassing on his property. The caller's property is located on South Street.

-Caller reporting their 16-year-old daughter was throwing things and was out of control, daughter has since gone upstairs.

-Caller reports a black Camry, unknown registration, with a carload of kids parked on the side of the store on the Guinea Road side. States two males were inside the store horsing around and left without buying anything. Found this suspicious.

- Caller advising male named

Brad exposed himself to her 6-year old daughter, possibly the result of his urinating in public. He was last seen walking towards Washington Street behind the old Freemont Club wearing blue jeans and a white t-shirt. States male is either deaf or hard of hearing. There was a 10-15 minute time delay, as she couldn't locate her cell phone.

- Caller advising subjects in the house abutting their property have their pit bull puppy outside in the rain. Dog is crying and whimpering. Subjects are not home.

10/02/10

-Caller advising that it appears at though someone drove on her lawn, tearing up the turf. Caller advising that this occurred sometime last evening. Possibly a red truck.

-Caller reporting that her vehicle has been stolen.

-Caller reporting loud noise coming from apartment 202. Says they are pounding on the floor.

-Caller reports juveniles are playing on vacant property. Caller says they are the "neighborhood" punks.

10/03/10

- UNE dispatch requesting the PD for some type disturbance. They do not have many details at this time other than the request for our response. UNE states they have two security officers on scene at this time and have called in two more. UNE dispatch unable to determine what the problem is as there is a lot of noise in the background. Officer Hall states all three subjects have left the building and have been told never to return to the campus. One of the subjects involved was the brother of a resident in the dorm who was reprimanded earlier in the evening for possession of title 22 materials.

-Caller reports he was out walking his dog and noticed a pick up truck in the back of Steve White gym loading unknown items into the back. Unsure if it was employees or not.

- Caller advising that a black

SUV ME TS 953AJH is all over the road. Headed toward Guinea Rd.

-Caller reporting three males fighting in the area of Happy Dragon.

-Caller states that there is a female outside yelling at her because she looked outside the window.

10/04/10

-Caller reports his son used his credit card at Sears and charged up \$2,000.00.

-Caller reports small red pick up with flashers bearing NH plates has been parked diagonal from her residence for the past hour. Male occupant.

-Caller reporting that his girlfriend has pushed him and he pushed her back. Subject also reporting 2 children inside the residence. Female has also ripped the complainant's playstation out of the wall.

10/05/10

-Caller reports a burglary that they were able to capture on video.

-Caller reporting that there is a gray Olds Cutlass parked in front of the residence with two male occupants. The caller states the vehicle has NH plates on it. She states this is suspicious.

-Caller reporting her 16-year-old brother is acting up, throwing things around, possibly stole \$80 from mother.

10/06/10

-Caller advising that there are two males hanging outside near the door. She states they are creepy and have dark clothing on.

- Caller reports that there is a tree leaning over the roadway on the river side of the road, she is concerned it may come down in the road.

-Caller Reports a mini bike stolen from the front yard. BAJA brand.

-Caller reports unknown vehicle did donuts on the public beach side of the parking lot. Minor marks in the dirt no damage.

Local Farmers Coming to UNE

BY HANNAH BIELECKE
Nor'easter Staff

It's easy to say that we care about the environment; just look at all of the "peace, love, recycle" products lining store shelves. However, aside from sporting the environment like the latest trend, it seems that many college students do not know how to feasibly reduce their

effects on climate change. Yes, we recycle in the dorms, we use CFC bulbs, and we bring a reusable water bottle to class, but these actions are not enough to make a significant impact on climate change. So why stop there? If humans have caused the problems, then it's our job to make amends.

Although living sustainably is not always easy, we as individu-

als need to do more to improve the health of our planet. That is why the students of the Environmental Movements and Social Change course (ENV 322), are hosting UNE's first-ever farmers' market on campus on Sunday, October 17 during Friends and Family Weekend. Several local farmers will be attending to provide students and their families and friends the opportunity to purchase fresh, locally grown produce. The convenience of purchasing locally grown foods

right here on campus is not only a healthy choice for your body, but a healthy choice for the planet.

Sustainable living is no longer an option; it's a necessity. The world around us is diminishing and if we do not take action, soon there will be nothing left to exploit. By buying local foods, you support the use of no preservatives, fewer pesticides, and fewer miles traveled from farm to stomach. Although it is nice to purchase produce grown under the Florida sun, all of the traveling it must do to get to Maine adds more pollutants into the atmosphere. Small, individual actions cause climate change, but, at the same time, small adjustments can help make a difference. If you choose to buy products that support the environment, start with food, rather than t-shirts. Come to UNE's farmers' market on October 17 and see how easy it is to live a healthier, more sustainable life. Climate change will affect us all; join the movement to buy local and save our planet.

and synephrine (bitter orange)." The NCAA has banned these substances primarily for the health and safety of the student-athletes participating in college level sports. At the same time, they want to minimize the chance of players having an unfair and artificial advantage over their opponents. Therefore, student-athletes should think twice about using any of these newly-illegal substances, for their eligibility to play this season may count on it.

NCAA

CONTINUED FROM PAGE 4

not notify anyone of their use of the substance, the athlete could be kicked off the team, even if the medication is prescribed.

Along with the use of energy drinks, dietary supplements are also risky. Bailey warns, "Energy drinks and dietary supplements are not well-regulated and may cause a positive drug test result. Student-athletes have tested positive and lost their eligibility using dietary supplements. Many dietary supplements are contaminated with banned drugs not listed on the label. Some examples of these banned substances found in nutritional and dietary supplements are androstenediol, androstenedione, caffeine (guarana), citrus aurantium, DHEA, Ephedrine (ma huang), norandrostenediol, norandrostenedione,



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FEATURES

Teacher Spotlight: Dr. Michael J. Cripps

BY CONSTANCE GLYNN
Nor'easter Staff

Dr. Michael Cripps is the University's newest member of the English and Language Studies Department. He joins the faculty as a tenured Associate Professor of Rhetoric and Writing Composition, and serves as Director of Composition (English 110). When I sat down with him for our conversation together, the talk quickly centered around his unique education background. It is compelling in that he has multiple degrees in various fields of study, yet none of them include "rhetoric and writing composition."

Michael Cripps' higher education began with the University of Connecticut. He graduated from UCONN with two degrees; a Bachelor of Arts in Philosophy and a Bachelor of Science in Business Management. He graduated at the top of his class and summa cum laude in both fields. While at UCONN, during his first couple of semesters, he applied to be a University Scholar. He was chosen as one out of 13 students (out of more than one hundred applicants) to receive the privilege of compiling his own core

classes in order to graduate with a specialized degree in 5 years. This experience, Cripps says, was unique in that it allowed him to explore his multiple interests.

During his time at UCONN, Cripps only took two classes that related to political science, yet that did not discourage him from going on to receive a doctorate in political science. The appeal of studying democracy in the workplace environment led to his enrollment in Rutgers University's Ph.D. program.

As a graduate student, Cripps had the opportunity, along with people in other various fields of academia, to take time in the English Department to teach freshmen writing. It was here that he was first exposed to the field of rhetoric and composition, and he found he had a passion for teaching writing.

Cripps' varied degrees is fascinating in that it displays that with multiple interests and the willingness to remain open to just about anything, you can find what you're truly passionate about.

His recent work experience involves a few years as Assistant Director of Composition at Rutgers, then, moving on to York College of The City Uni-

versity of New York, where he worked for 7 years before deciding to join the University of New England.

He tells of his decision to apply because the job description fit nicely with his interests and background and he enjoyed the location. Cripps stressed how interested the UNE faculty was in the position that he was seeking: a rhetoric and composition professor. During the application process he had to present himself to the University, which involved being here on campus for a couple of days. He shared with me his story of coming to visit during the dead of winter this past January, and the surprising attendance at his talk from faculty members from across all of the departments. This conveyed to him the level of interest his colleagues had, and he said he was sincerely blown away by it.

Another point he emphasized is that he has found this same high level of interest in his students, first-years taking English Composition. Cripps seems astounded at the level of engagement shown by his students in both of his classes, and he is excited about the solid efforts shown and the skills they



HEATHER MEA, NOR'EASTER NEWS

Dr. Michael Cripps, Associate Professor of Rhetoric and Writing Composition and Director of Composition.

already possess in reading, writing, and thinking critically.

When we began talking about himself outside of the classroom, I asked him what he liked to do. At first, he seemed hesitant to answer. When he did, he laughed and joked, "I'm a socially boring guy." He credited this to being new in the area and his devotion to his family and their small circle of family

friends. He did express that he enjoyed cooking, coaching his kids' soccer teams, movie nights with his family, and mountain biking.

One of the first things that caught my eye in his office, was the presence of action figurines and tiny toy cars that seemingly belonged in the waiting room of a hospital. I automatically assumed he had kids (a correct

Please see CRIPPS, page 7.

A Semester Abroad in Baja, Mexico



A whale.

BY CHRISTINA PERAZIO
Nor'easter Contributor

Studying abroad is about experiencing a culture very different from your own. The process of deciding where to study abroad can seem daunting; there are so many programs in too many places to count. I found as I sifted through different programs, that what is most important is that you pick a place that will mean something to you, and courses that will help you broaden your horizon. When I finally came across the School for Field Studies, I knew where I would be going: a field station on the ocean, where I would gain first hand research experience with the animals I want to study.

I can see the sun rising over the crisp blue waters of Magdalena bay. Birds skirting the surface of the glass-like water. Palm trees blowing in the wind. Lizards running through the sand, as it squinches under my toes on my way to breakfast. The smell of salt and squid and peace. The feeling of complete happiness, out of touch with technology and the stresses of city-life. Out to sea to search for whales, surrounded by a pod of thirty. A sea lion sleeps on a buoy in the distance. A pod of bottle-nose dolphins glides gracefully near the island.

I ended up in Puerto San Carlos, a small fishing community in Baja California Sur, Mexico. San Carlos is a small, set-back community with strict dynamics and

a culture very different from our own. They do not use trash cans, or know how to recycle. There is no cultural law against cat-calling at every female you see on the streets. The amount of sand you come home with is enough to fill a small house. And yet, most of what I remember are the wonderful things about this community that I came to love: the passion of the fishermen for their home; the friendly people willing to have a Spanglish conversation with you; the sound of celebration at the annual Ballena Gris (gray whale) festival; the grace and beauty of the gray whales that inhabit Magdalena Bay. My study abroad experience opened my eyes to a world very different from my own.

Laying, curled up, in the boats at two am, for four hours, just looking at the seemingly motionless sky, stars brighter and more abundant than I have ever seen them in my life. No need for an ipod-nature is a symphony. An hour goes by. Time to check the nets. They are cold and wet as we heave them over the boats. But look! There is a turtle! A green sea turtle, Chelonia mydas, is in our net. Carefully, we untangle him and wrap him in a life jacket to later tag and release back into the waters of

San Buto.

Of course, I can't pretend that I didn't do any schoolwork during my semester abroad. Most nights were coffee-filled as we all scrambled to finish our research papers, or study for our exams. But somehow, being in this beautiful, untouched place, the work became a part of the experience, and I learned even more.

How do you explain the feeling of being so close to something so enormous and beautiful and peaceful? It glides silently below the surface, its spots giving it a gorgeous design. From a distance, the tail seems to be moving in slow motion. But three feet from the giant, and you realize the swiftness with which the whale shark moves through the water, its mouth a gaping opening, feeling terrified and calm all at the same time, knowing you are safe. Its enormous size, compared to a dolphin or sea lion, makes you feel insignificant in the world.

I was sick this day with a pretty bad cold. Didn't even bring my snorkeling gear or bathing suit on to the boat. But when I saw Dylan swimming in circles with a sea lion, I knew I would never again have this opportunity. So with AJ's fins, Nicki's mask, my shorts and sports bra, and no snorkel, and ears plugged so badly

I couldn't hear, I plunged into the cool, dark water. And immediately I was surrounded by these beautiful black lions, and they danced in the water, around and in between us. Without a snorkel, I took big breaths and swam down to be with them in their home (my ears screaming the whole time), but I wouldn't trade the experience for anything.

I would like to simply say that studying abroad was the most life-changing of experiences that I have ever had. But that might sound too cliché, and my experience was anything but stereotypically common. So perhaps I will rephrase: living and studying in a place outside your home is a learning experience more than anything else. You learn about yourself. You learn about your culture. You learn about a new culture. You learn how to adapt, and how to make a difference. You learn what it means to miss home. And you learn what it means to be in someone else's home. It is not just about how your life is being altered, but about how you are altering the lives of the people you meet along the way.

Oops. I fell through the what is supposed to be the recycling center, is a massive building filled with sky-high piles of garbage and

Please see ABROAD, page 7.

Dear Diva's Advice

Divalicious Advice

BY ANONYMOUS
Nor'easter Contributor

****DISCLAIMER:** Nor'easter News is not responsible for any of the content in the Dear Diva Advice Column. Dear Diva, in some instances, is meant to be humorous. Please take her advice lightly. **

Well Haaaaay Everyone, I am The Diva of Distress and I am happier than a biscuit that just got buttered to have been asked to do this little column in your pathetic little school paper. To the point, I am here to conquer those tricky questions that all you people of average intellect would be unable to answer.

Question:
Dear Diva,
I don't live on campus, but I do

eat some meals in the dining hall. I usually eat alone, is it weird to approach people and ask to sit with them? -Thanks, Off Campus

Answer:

Dear Off Campus

Oh sweetie I am so glad you asked me this. Navigating the social landscape in a cafeteria can be a absolute nightmare if not done correctly. So heres the deal sisiter...the Diva feels strongly that if you're hot, by all means, sit down, chat, everyone likes a hottie paying attention to them! However, if you're one of those awkward, creepy, stalker types with a really dated hair style...KEEP YOUR DISTANCE because you and I both know, that nobody really wants to look at you while enjoying a good meal.

Ok, in all seriousness, YES YES YES! You should always feel comfortable asking to join a table of students that you may not know. And once you've broken the ice you'll now have a new a set folks who probably eat regularly at the same time.

Question:

Dear Diva,
My friend's got a black thing in his teeth/a booger thats hanging on for dear life/ and-or flaunting an eye crusty...please.... WHAT DO I DO?! -Thanks, What-Do-I-Do

Answer:

Dear What-Do-I-Do

My My My this situation must be overwhelming you with despair.

Lets start with the fact that if you're "friend" has all of that going on, then maybe a basic course in personal hygiene is in order... But seriously, if you had a "bat in the cave" or mustard schmutz on your lower lip, wouldn't you want a friend to let you know rather than being told by a stranger in the line at Starbucks?? I would.

Oh...and BTW....Speaking of despair, have you ever considered moving to an uninhabited island so that none of us fabulous people will ever have to endure another one of your "loser boy" questions. Hmmm?

If you would like Dear Diva's advice, please send your questions and/or submissions to noreasternews@une.edu.

CRIPPS

CONTINUED FROM PAGE 6

assumption), yet his kids (10, 9, and 7) were not the reasoning for this. He told me about his job at York, an inner-city school in New York whose attendance primarily includes adults. Middle-aged men, single mothers, and people seeking a second chance were his students, and this led to his keeping toys in his office. The idea was that when he met with students, they would sometimes bring their kids and the toys would occupy their attention. I found this very clever and decided it was worth noting.

To end, I would like to go back to the beginning, before Michael Cripps entered his pursuit for higher education. Upon graduating from high school, he entered the work force (lacking the motivation to go to school at the time). He was hired as a third-shift custodian and house painter. He told of being a good worker (though joked that he was no master painter) and he did well for himself. So there

he was, 18 years of age with a brush in his hand. He related to me about his realization that he wanted to do something more with himself as he worked eight feet up from the ground on a scaffold, during the hot months of the summer, and surrounded by middle-aged men content with where they were in life. Yet, Cripps was not. My understanding from Cripps is that it was as if he could see a still frame of his life after someone had hit the fast forward button. He could see himself in the painters around him, and he decided to do something about it. Thus, he went to college, explored his interests, and found what he was passionate about and has ended up here at the University. He has big plans for the future: aiding the English Department in expanding composition in the curriculum, teaching more advanced courses, and finding more mountains around the area to bike.

According to Scrivs



BY STEVE SCRIVENER
Nor'easter Staff

If you are hoping to read a grammatically correct paper, with a thesis and convincing commentary, then I recommend you turn the page. This has no specific order, but just includes several points of interest that I feel should be discussed.

By this time you are probably aware of the modern fly epidemic we are facing here at the U. These inevitable pests are invading our community. There is really no way to exterminate them. By flies, what I really mean is the Biddeford Police Department. It seems like just last year everyone was ranting on about police activity, but something surely happened over the summer, because the department has really stepped up their game.

I'm no outstanding citizen by any definition, but more or less just an average college student looking to enjoy myself by the time 50 cent drinks roll around on Thirsty Thursday. I understand that there are boundaries that need to be abided by, but we are only a month into school, and it is as though we cannot cough the wrong way without law enforcement knocking on our doorsteps.

College students will do what college students do, and that is drink a few beers on the weekend. If someone makes a poor decision to drive, destroy property, or put their peers in danger, than by God they should suffer the consequences. But when officers are punishing students who put their keys in their pockets and choose to walk down the street, it is suggesting that making the smart decision still permits a

consequence.

Now that I got that off my chest, hopefully our favorite deputy is not reading this because I would like to admit to my latest obsession with bank robberies. These days, who doesn't want to rob a bank? First, there is a lot of money involved here, so you really can't lose. Second, it's one of the safer ways to commit a crime.

Yes, most robbers are accompanied by a pistol, but it is not like they're ever loaded. I mean come

on, that's just unjust. Think I am coming on a little strong? Well, just go watch Ben Affleck's last film *The Town*, and you will know exactly where I am coming from. To be honest, I was never a huge fan of Affleck, but after watching his latest Hollywood production, it is hard to ignore his cinematic genius.

Based on one of Boston's highest crime areas; Charlestown: *The Town* orchestrates how it has become notorious for organized crime. But more specifically, bank

robberies. Despite just a square mile land area, Charlestown is known for some of the biggest criminal masterminds in American history. Similar to *The Departed*, this film gives viewers a real life perspective on what happens on the streets of Boston, Massachusetts. Without giving away the plot of the movie, just take my word that this was one of the best films to hit the big screen in the past several years, with the exception of *Wolf man*, or anything starring Megan Fox.

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ABROAD

CONTINUED FROM PAGE 6

trash all mixed together. We sort through it, bit-by-bit, day-by-day. And sometimes, we get lost in a pile. Muck seeps into my sneaker. And at first I am appalled, but in a split second I don't care anymore. I just laugh. How am I here, in this place, helping to do my part to teach this community how to conserve their

resources? I am lucky that I am able to fall into this pile of trash. Lucky.

Professors Say the Darndest Things

BY LAURA CARTER
Nor'easter Staff

My alarm clock is a cube of white and hot pink, and every morning the buzzer sounds- waking me up for another day at UNE. Some mornings I hit snooze (maybe one too many times) and other days I'm ready to greet the terribly odd New England weather. Regardless of what Mother Nature has in store for me and my fellow students, I know that there will always be my classes in the same rooms as always, located in the same buildings- this all depending on the day of course.

The professors here at UNE come in a wide variety. Some you will love and some you will hate; there will always be that one professor you try to take every class with. There are the ones that you will learn from; in more than just the subject you are taking. There are also the ones where you really wish it wasn't part of the core curriculum- because there is no way in hell that you would be there if you had a legitimate choice. Just as unique as the professor is their teaching style. Some professors are more

hands on, while others will lecture forever-up until the last millisecond of your class. Professors all say different things to help you learn, or to make you remember. Whether or not they're relevant to your lesson is one thing, but what they say is definitely memorable. Here is my week of classes in quotes- because my professors say the darndest things...

• "We don't have that; we just have bags of teeth."

• "And I was just like- Oh my God... its Golem..."

• "We should all wear black and be very serious."

• "Everything in life can be explained through the scope of Star Wars."

• "Someone talk to me about the Ewoks!"

• "Who ever devised high school

should be tarred and feathered..."

• "Does anyone know what Ph.D. stands for? Basically it means that you are a son of man...and a doctor of GOD!! But seriously... anyone...?"

• "They're trying to curve your perception of college life- right down to the advice on Potty Talk."

• "A: She's eating horses' hooves and pancakes made in bear grease. B: She likes it."

• "There are two kinds of people in this world: people who look in windows, and people who don't- interrupting class- those are the kind of people who clearly don't look in the window first..."

• "Who's that old guy? Oh shit- it's me!"

• "It smells good, it looks good,

but it might not necessarily taste good. We call that- the Sodexo complex."

• "It didn't smell like perfume, it didn't smell like pig manure- or anything else I was familiar with..."

• "I want you all to light matches and say the alphabet as fast as you can!"

I have five classes, five professors and pages filled with class notes. In the margins I scribble words and phrases and odd things that they say while they babble on about things that will most definitely be on the final- things that I should be writing down instead. Joining my love for the random things that professors say are some outside sources that shared some of their favorite quotes, said in class by their very own professors:

• "What does it matter if you're dying?! You're having sex!!"

• "A true hermaphrodite would be able to reproduce with themselves- which would be convenient."

• "So how many of you have seen Troy? Brad Pitts in there, he's tan and all oiled up, and I would sleep with him. It would be an honor. I get it... he's a god."

• "Sex- yeah I said it- now the five boys in the back are awake."

• "You know you're getting old when you hurt yourself playing Sudoku..."

Quote of the issue:

• "When you go away to college, you change. A lot can happen in a year: You grow a beard, and then shave it off, fall in love, fall out of love, fall in love with the girl you want to date but doesn't want to date you-but then you date anyways and then she cheats on you... and that's life my friends."

This wouldn't be possible without the professors- so thank you for saying some of the craziest things, and keeping my attention in class- if only for that reason. Have any quotes of your own that you would like to share? Email your strange, random, odd- or even just plain ridiculous anonymous professor quotes to lcarter4@une.edu for a chance to have it appear in the next *Professors Say the Darndest Things*.



Student Spotlight: Christopher Nilsson

BY JARRYD
ROSSIGNOL
Nor'easter Staff

Hailing from Princeton, Massachusetts, Christopher Neil Nilsson decided to come to UNE because of its beautiful beaches and to, "hang out, surf, fish and catch

crabs". Chances are, if you have ever gone surfing you've seen Chris 'hanging 10' and riding the waves. If he's not in the water, he can usually be found mountain climbing and hiking all over New England. An avid climber, one of Chris' future goals is to climb Mt. McKinley.

But Chris isn't all about fun and adventure, he is also a model student. An Applied Exercise Science major, he plans on continuing his education and becoming a Phy-

sician's Assistant. Because of his love of medicine, Chris has traveled to Peru as a part of the MEDLIFE program. Of his experience, he says, "The landscape was beautiful, the people were kind, and it just felt good to help these people."

Chris also says he has some special attributes that many people don't know about. The man says he can dance. "I just love to dance, to let loose and shake it. I'm pretty much the best dancer," he joked.

He is also very involved in photography, taking pictures all over the world and even supplying some of his photographs to the Nor'easter News.

Chris has many sources of entertainment, his favorites are the movie, Fear and Loathing, Short Stories by Ernest Hemmingway and the band, Modest Mouse. He also enjoys playing basketball and surfing. His favorite foods are clam chowder and fish tacos.

Study Abroad Fair

BY TANYA LAWRENCE
Nor'easter Staff

As a potential candidate for study abroad, I felt it was important to go to the 2nd Annual Study / Abroad Fair on October 7th. There were representatives from many UNE approved study abroad programs including Academic Programs International (API), Council on International Educational Exchange (CIEE), AustraLearn as well as several others. Professors were also present to speak to students about courses that will be offered in the spring semester that will end in a several week trip to the country studied in the course. One such course will be an advanced humanities course taught by Steven Byrd. According to Professor Byrd, this course will focus on the history

and culture of Peru and will end in a two week trip to Peru beginning at the end of May. During the trip, students will visit Lima, Cusco, the Sacred Valley, and Machu Picchu, all the while studying Incan and Peruvian Culture. Students will also participate in a day of community service in a rural medical clinic. This is an amazing opportunity for students with interests in history, medicine and just an interest in seeing the world!

The Study Abroad Fair is a great opportunity for students considering this type of education. As a potential student, I went into the fair expecting to get the application for one program and continue the process with this organization; however, after speaking with the representatives from several companies, my mind completely

changed. The representatives allowed a very different perspective and opinion on the studying abroad experience and after speaking with

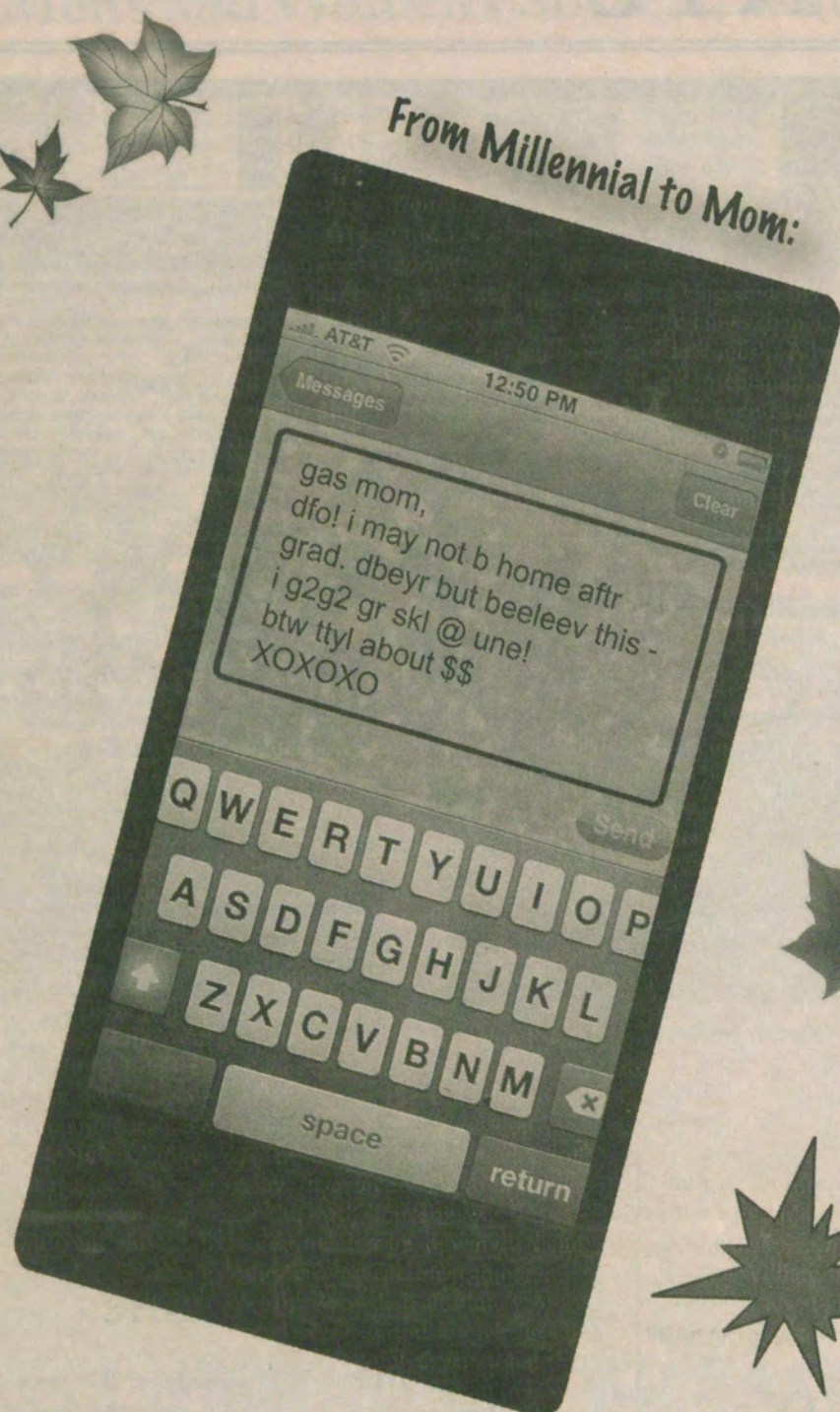
several companies, students are better able to make decisions. Without a doubt, all students considering the possibility of study abroad should

attend the future Study Abroad Fairs. It may just end with a chance of a lifetime!



LINDSAY ELLIS, NOR'EASTER NEWS

UNE students look at information available at the Study Abroad Fair.



Translation

Greetings & Salutations Mom,

Don't freak out! I may not be home after I graduate from undergraduate school at UNE. Don't believe everything you read, but believe this! I have to go to graduate school at UNE!!

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SPORTS

Rugby Continues to Grow

BY TARA CONNELL
Nor'easter Staff

Players have truly dedicated themselves to the sport. Rugby is complicated; containing a variety of new techniques to learn such as: blocking, kicking, running (to name a few.) The specific league rules and guidelines have also been difficult to follow. Therefore, the team has come to realize that practice is a must. The team holds practice three times a week: late Tuesday-Thursday nights. Practices are held on the Big Blue Turf, to avoid tearing up the soccer fields. The turf is as new as this team, and some players are still having a hard time getting used to it. "Turf burns" are one of the many struggles they have faced. Many players feel privileged to get playing time on here, while others have expressed the desire to "just play in the mud!"

The team has a lot to learn, thankfully their coaches have been there every step of the way. Coach Tony Desjardins has held on to his commitment to the team while tying the knot to the new Mrs! Along with Coach Jason Henry, these men have provided guidance for the developing team. The team was granted the opportunity to partake in an intense practice

with the eighteen plus Portland team which was held this past month. The practice was by far the most challenging session the team has faced. However it was a great opportunity to learn from an advanced team. A few team members have faced unfortunate obstacles. The amount of available players has become limited. A variety of pains from head to toes have made the requirements for matches difficult to meet. The injured players have not been discouraged though, they continue to observe practices in hopes of soon returning to the game.

Nate Guerette has truly made the growth of this team a personal goal. He explained that other college teams hold matches throughout the Spring. Some matches are even unannounced, but rather treated as pick-up games. Extending the season into the Spring has been discussed. He hopes to receive permission for this continuation of games. Various members have stated that rugby has become a little more challenging. However, due to the bond formed between team members and the determination for a successful first season, the team refuses to back down from the obstacles they may face. As the team continues to grow, current



UNE's Rugby Team.

TOM HINMAN, NORTHEASTER NEWS

members are constantly recruiting others to join the excitement. Nate suggests meeting with or emailing a member of the team, or bravely showing up to a practice.

Men and Women's Cross Country Continue Running Strong

BY DEANNA BAUMERT
Nor'easter Staff

After finishing second place in their first two meets the UNE women's cross country team finally received first place on Saturday September 25th, outrunning 12 other teams at the Elm's College Invitational in Chicopee, MA.

UNE's first three runners to complete the 5k course were Colleen Ahern (19:58) at second overall, Jess Partlow (20:28) in third overall, and Kellie Hackett (20:31) in fourth overall. Mary Fehlner (20:43) was the next runner to score for the Nor'easters with a sixth place finish. Lindsay Forrette (21:06) came in tenth, followed two seconds later by Heather Pederson who finished eleventh. Kim Martins was the last to score for UNE with a 14th place finish at 21:21.

The men's cross country team also ran well in Chicopee, placing second only to Johnson and Wales with 47 points.

"The rest of the field had some good guys but we were better as a team," says DJ Raboin who was third for the team and tenth overall.

First for UNE and fourth overall was Brandon Mulligan, who once again made TCCC's Rookie of the Week.

"I am very competitive by nature...I like to put all I can into it because I take so much time training," Says Mulligan on what drives him in the races. He has earned TCCC Rookie of the Week four times this season.

Nate DiMartino was next for UNE at sixth place overall, finishing the 8k course in 29:32. Raboin crossed the finish line at 30:20, followed soon after by Bosco Origina (30:55) in twelfth. UNE's next four runners came in one after the other, with Josh Grenier (31:38) placing 15th, Dan Kelleher (31:42) at 16th, Jon Dupuis (31:49) at 17th, and Tad Olsen (32:11) rounding out the four man sweep at 18th.

The Pop Crowell Invitational hosted by Gordon College in Wenham, MA was a record setting race for both the men's and women's cross country team with at least 19 Nor'easter's achieving personal records (PR).

Greg St. Denis shaved 3 minutes off his PR, Derek Brotherton

crushed his PR by a little over 2 minutes, and Zach Pinkham ran a career best with an 8k time of 31:11. As a senior, Pinkham hopes to achieve a sub 30 time by the end of this season.

The top three men's runners for UNE were Mulligan (26:58), Raboin (28:43), and DiMartino (29:15). As the team's 7th runner to finish, Tim Denocour was the final scorer for UNE, placing 93rd out of 252 runners at 29:40. UNE placed ninth out of a field of 23 teams.

Personal records were achieved by many of the women runners as well. Nina Berselli beat her PR by about 45 seconds, while Lindsay Arthur ran a 5k time of 26:24, cutting her PR down by one minute and 40 seconds.

Colleen Ahern (19:43) led the women's team, placing 11th out of 276 runners. Second for UNE was Kellie Hackett at 18th overall with a time of 20:00 and Jess Partlow came in at 23rd overall at 20:08. The team placed fifth out of 26 teams.

Golf Adds Two Second Place Finishes

BY SEAN DOYLE
Nor'easter Staff

UNE golf continues to play well and swing the sticks towards the playoffs. Most recently they have taken two second place finishes in back to back matches.

The first match was the University of Southern Maine Classic at Sable Oaks Golf club, in South Portland back on September 27th. UNE played in the tournament as well as Husson, who eventually went on to win the tournament by 12 strokes. Other schools who competed were Endicott College, Saint Joseph's College, Emmanuel College, and University of Maine at Farmington.

The conditions were far from ideal, the cold wind and shivering rain continually pelted the golfers.

After 36 holes UNE was tied with the gulls of Endicott College but had the advantage in the tie breaker. UNE's individual round score of an 88 from first year hero Matthew Brown, was the deciding score that led UNE to second place. Brown, UNE's fifth man may not have been considered an X factor, but today he was the shining moment in a gloomy day on the course.

UNE's Andrew Emery a native of Winthrop, Maine, took

second overall in the tournament, with a two day total of 150, due to two sub 80 rounds of a 73 and a 77. Other standouts for UNE were senior Griffin Andrews, and first year Tyler Moody who posted identical two day totals of 161. Gage Robertson posted a 169 to help UNE cement second place.

UNE's most recent match was the UNE invitational that took place through gusty winds at Dunegrass Country Club in Old Orchard Beach. UNE had a total team score of 323 which was good enough for second place. UNE's own Robertson came in third with a score of 77.

The schools who competed were Saint Joseph's College, University of Southern Maine, and Endicott College. Moody again was a helper with a 78 for the Nor'easters, Andrews was a solid contributor with an overall 83. Brown rounded out UNE's scoring with a smooth 86.

Overall the golf team has been solid all season long with numerous top finishes and plenty of second place finishes.

Golf will continue their season with the Southern Maine Cup, and finally the TCCC invitational. All year long they have looked to their battle tested general coach Kasey Keenan.

Men's and Women's Soccer Teams Continue to Push to Playoffs

BY SEAN DOYLE

Nor'easter Staff

UNE's men's soccer team is currently 3-5-3 but still battling towards the playoffs.

Over the last four games though, the men's team has seen some struggles. With just a tie in double overtime back on September 25th, UNE is in a slide to say the least.

In that epic battle between Gordon and UNE, sophomore Kevin Tarr was able to net a last minute goal with just 33 ticks left on the game clock that sent it into double overtime where the game eventually would come to a close. In this match senior keeper Jon Planer made numerous key stops down the stretch to keep the game locked in a

tie.

UNE's next match on the pitch came just four days later where they played the Pilgrims of New England College. On this day the Nor'easters were treated much like America as the Pilgrims were conquered losing 3-1. UNE's only goal was scored by Owen Evans who was assisted by fellow junior Crear. When all was said and done the Pilgrims offensive attack was too much too often for UNE.

UNE was hanging with Western New England College until in the first minutes of the second half the Golden Bears came out and clawed through UNE for four goals to establish a lead that was too much to tackle.

Jon Planer made seven saves in the loss.

UNE then went on to play Colby-Sawyer College. Their fate would be no different as their dormant offense remained asleep being blanked 1-0. Planer was able to make six saves in the matchup.

Women's soccer has been able to stay hot, they currently sit at 8-3 overall and 5-2 in the conference. The lady Nor'easters have won three out of the last four with their only fault coming against Western New England College on October 2nd. Katie Caron was able to convert a goal off a pass from first year stand-out Morgan Jensen. Junior Jess Woodworth was credited with five stops.

The Nor'easters were able to bounce back in their very next game with a 1-0 victory over the Colby Sawyer Chargers. In a game that

saw more than 86 minutes of scoreless soccer senior Cassie Zdrojeski tickled the twine to give UNE a 1-0 lead they wouldn't turn their back on. Woodworth posted her fifth

shutout of the year and really had to work for it, making one stop.

UNE men's and women's soccer are both charging towards the postseason.



UNE COMMUNICATIONS

#2 Ellie Arsenault controls the ball while #4 Sarah Homich and the rest of her team look on.



TOM HINMAN, NOR'EASTER STAFF

#9 Jason Lariviere battles his opponent.

Volleyball Continues to Dominate

BY SEAN DOYLE

Nor'easter Staff

UNE volleyball continues their dominance.

They have won five out of their last six games, and are showing no signs of slowing down. Their dominance has been all season but most recently they have toppled UMaine Presque Isle, UMaine Farmington, Framingham State, Lasell, and Saint Joseph's.

Against UMaine Presque Isle, sophomore hitter Paige Curran was a murderer with a match high 12 kills, while her partner in crime was Maria Kuehl, as she was involved in numerous helpers, with 28 assists. These players along with Kristen Edwards and her fellow New Hampshire native, Lindsey Cashell added seven more kills apiece. Edwards also added a career best eight digs. UNE went on to a dominating 3 game sweep and left the match feeling more like maids than volleyball players.

Later that same day the Nor'easters played the Beavers of UMaine Farmington where they again broke out the brooms for a dominating three game sweep. Curran, Angie Cust, and Edwards were also fierce on the front line of attack adding nine, six, and five kills respectively. Kuehl again was a vital player

with 16 assists to help fuel UNE's attack. Nicole Kalinowski had four of the teams 14 aces.

In another win at Lasell the three headed monster of Curran, Edwards, and Abby Davis accounted for an outstanding 30 kills to fuel the W. UNE lost the first set by a score of 25-20, and then came back to win the next three games. Defensively, UNE relied on Krista Adie and Jackie Stone who had 19 and 12 digs respectively.

The next foes for the team were the Monks of Saint Joseph's college. UNE's serving was the key contributor to this dominating sweep as they amassed 15 aces including seven in the first game that clearly set the tone and pace for the rest of the match. The win was their 21st in a row over the Monks. Curran and Edwards combined for 18 kills and were the strongholds of UNE's offensive attack. Kuehl and Kalinowski were big contributors with 25 assists for Kuehl, and 15 aces for Kalinowski. Kalinowski also added 14 digs, while Adie added another 14 of her own, Jackie Stone added 10 as well.

The ladies have 11 games left before the post season begins in the first week of November, and will be looking to sharpen their skills in time for the TCCC playoffs.

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ARTS & ENTERTAINMENT

Movie Review: *The Town*

BY JUDI BREWER
Nor'easter Staff

Some will never see this film because the lead actor and director, Ben Affleck; however this would be a mistake. This is Affleck's second attempt at directing and it proves his talents lie both in front and behind the camera.

The film opens with quotes

and images from Charlestown residents. The town is steeped in criminal activity, mostly robberies. As with most traditional small towns, Doug MacRay (Affleck) decides to follow in his fathers footsteps. Doug was forced to return home after a failed professional hockey career and becomes addicted to drugs and alcohol.

The film begins with Affleck's

voice describing armored truck drivers and security men within a ban. As the scene progresses you see Doug and his cohorts (best friend James "Jem" Coughlin (Jeremy Renner), Albert "Gloansy" Magloan (Slaine), and Desmond Elden (Owen Burke)) planning to rob the bank Doug is describing. The film is very fast paced from this scene on. The two hours and

four minutes go by in what feels like half the time.

During the robbery, the bank manager, Claire, struggles to open the safe and Doug takes her hand to reassure they are not there to take her money and to take her time opening the safe. This line allows the audience to feel compassion for Doug's character and the realization is made that he is a regular guy caught in a bad situation. Claire finally manages to set off the silent alarm and Jem's violent side emerges as he repeatedly beats him with the back of his gun.

To Doug's dismay, Jem takes Claire as a hostage and he begins threatening her and in an attempt to save her, Doug falls in love with Claire. His sincerity is apparent as he promises to leave Charlestown and he begins changing his way as he attends an Alcoholics Anonymous meeting. Doug begins to seek advice from his father (who is currently in jail for killing two prison guards in a robbery went bad) however, is father gives him useless, uncaring advice.

Enter Jon Hamm who plays

FBI Special Agent Frawley. Frawley is ruthless in his attempt to catch criminals, however the criminals are much smarter than he assumed by changing getaway cars multiple times. Titus Welliver plays a Boston Detective working with the FBI who happens to also be from Charlestown. When Doug is finally brought in for questioning he is angry and betrayed that the detective "turned on his own." The sense of loyalty of the Irish-American community is a major but underplayed point of the film. The accents are spot on but this is not surprising from Cambridge breed Affleck. He definitely stayed true to the city he loves. Blake Lively gives an amazing yet small performance of Jem's sister, Krista, Doug's on-again-off-again girlfriend.

After leaving the theater, it was difficult not to be depressed at the ending. Doug was a deserving man of a different life; however he was in a position where he had no way out. Overall, the minutes in the movie theater flew by in this Affleck film and I would recommend it to anyone!

UNE Players Presents Shakespeare Abridged This Weekend

BY BRANDON HOTHAM
Nor'easter Staff

The UNE Players, UNE's student theater group, will be performing Shakespeare Abridged at Biddeford City Theater this Friday, Saturday, and Sunday. Friday and Saturday's shows will be at 8PM and Sunday's show will be a matinee showing at 2PM. All tickets are free with a UNE I.D. and are \$5 for the general public. Ticket information can be requested from UNE's Campus Center Box Office.

UNE Players fall show lineup is slightly different this year. Nor'easter News had the privilege of sitting down with UNE Player's Club President, Harmony Bell, to get some insider information on the production. According to Bell, the Players ran into a problem last spring when it came time to choose the fall show. Normally, a musical is produced in the fall. However, renting Biddeford City Theater at an appropriate time to produce a musical proved to be too difficult, given the theater's fall and winter performance schedules. Bell says, with the help of Mark Nahorney, Assistant Dean for Community Life, they chose to work with Family and Friends Weekend to produce a show that would be fun and entertaining for

families visiting.

UNE Players originally had two different show ideas: either Shakespeare Abridged or Our Town. The potential director for Our Town fell through, so the Players began looking for someone to direct Shakespeare Abridged. Bell describes, "Around this time, The Fenix theater was looking for student actors to help them with their "Shakespearean Seductions" workshop at the Biddeford City Theater. After two of our own "players" volunteered the whole crew of course went to see them at the workshop. This was the second time that I had seen the Fenix theater actors perform and interact with a crowd. I absolutely loved how engaged and knowledgeable they were about the material that was usually so dense. Not only was the show understandable and well broken down but FUNNY!"

Bell goes on to describe how she and the rest of the executive board of the club began contacting actors from the Fenix Theater troupe. "I contacted Sally Wood through some mutual contacts and lo and behold she accepted our offer to direct. We casted the show in late spring so that the cast could receive their scripts and hit the ground running in fall. Our cast of seven was selected (the show typically is performed by

three actors) and the re-writing process began. Sally had done the show several times before and was well qualified to do so. When I received the edited script in July I was amazed at how well she had hit every single actor's strengths through their lines and roles while only knowing us for a day or two during auditions. I recall sitting at my Biddeford kitchen table and reading the script over the phone with a fellow cast member dying with laughter as we read through the roles and lines."

As for the content of the show itself, it is an audience interactive parody show covering "abridged" versions of William Shakespeare's 36 plays. The seven cast members interpret the works of Shakespeare in every which way including rapping, interpretive dance, football, a puppet show, and much more. At points the cast literally jumps into the audience to pull members to help decipher plots and character inner monologues.

No doubt, this will be a show one will not want to miss. So, all of the UNE community should go out and support this art venue! Again, for more information about tickets and show times, contact the Campus Center Box Office!

News Release: The True Meaning Of Christmas Visits Biddeford City Theater

BY MANDY RANCOURT
Nor'easter Staff

In just a few months, Biddeford City Theater will perform a famous classic, Charles Dicken's A Christmas Carol: The Musical by Mike Ockrent, Lynn Ahrens and Alan Menken. A family favorite, the musical tells the tale of Ebenezer Scrooge who believes "...Every idiot who goes about with Merry Christmas on his lips should be boiled in his own pudding. And buried with a stake of holly through his heart" until he receives visits from the Ghosts of Christmas Past, Present and Future.

For the first time, University of New England students enrolled in a Theater Production class will join the staff and work on the production from casting through the final performance. Taught by Linda Sturdivant, who is directing the musical, the class will perform tasks including building the set, working on lighting and sound, creating costumes and publicizing the event. The students ranging in age and the-

ater experience are very excited to be working on a live production.

Joining Bob Gauthier of South Portland as Ebenezer Scrooge is Justin Smith-Hoopers of Portland playing Tiny Tim and Tad Williams of Kennebunk playing Bob Cratchit. The ghosts of Christmas Past, Present, and Future will be played by Calvin Moisen of Gorham, Michael Lynch of Portland and Katie Getz of Biddeford. The character of Marley will be played by Travis Grant of Gorham.

The production will run from December 3 through December 19 on Fridays and Saturdays at 8:00 p.m. and Sundays at 2:00 p.m. Tickets are priced at \$15, but special prices for families are available by calling the box office at 207-282-0849. Tickets are also available online at www.citytheater.org.

For further information, please contact Linda Sturdivant, the artistic director of Biddeford City Theater at 207-642-7840 or 207-831-1514.

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Cancun in Biddeford.

KYLIE GALLIANI, NOR'EASTER NEWS

Restaurant Review: Cancun

BY STEVE SCRIVENER
Nor'easter Staff

Residents of the Biddeford community know that options are quite limited when it comes to dining out. The search for fine dining or just simply good food often leads families to surrounding cities such as Portland, Scarborough, or Kennebunkport. Locals have been desperately seeking a restaurant that provides great food at a cost that is easy on their wallets.

On May 23, 2010, Cancun Mexican Cuisine opened their doors right in the heart of Biddeford with the intent to give the town exactly what it needs, excellent food at an affordable price. With many years of culinary experience, owner Hector Fuentes opened Cancun with a mission to provide guests with an authentic

Mexican restaurant atmosphere in addition to endless choices that promise to satisfy any appetite.

Sometimes the best food can be found in the least likely of places. Biddeford, Maine is not known for its top ranked dining options, so it is very easy to overlook a restaurant, unaware of the quality of food that might be available. Located right off Elm Street in Biddeford, Cancun is most certainly a place that everyone needs to try at least once. Although somewhat hidden, Cancun is easy to find and very accessible.

Real authentic cuisine is hard to find in a country that is overwhelmed with corporate restaurants and underachieving family operated diners. But at newly opened Cancun, the chefs are able to use their native traditions to create dishes

that blow competitor like "On the Border" out of the water.

In spite of the newly opened restaurant, management has created a special available to University of New England students. Students will receive 10% off their purchase if their school ID is present at Cancun. However, the discount is void on daily specials, but is valid for all purchases at the bar.

Cancun Mexican Cuisine is conveniently located on 11 Adams Street, right across from the Bank of America in the center of Biddeford. Their hours of operation are Monday-Friday 11-10, and Saturday-Sunday 11-10:30. You can either dine in, or call ahead for pick up at 207-294-9111. Just remember to bring your Nor'easter ID, and head down to Cancun for some great authentic Mexican food.

Album Review: Before Nightfall

By Robert Francis

BY LAURA CARTER
Nor'easter Staff

Discovering a new band is like finding a gem in the cave that is the music industry. It may not be the most polished or the prettiest, but it is rare and unique, and for whatever amount of time could be the next best thing to those who found it. My ears recently stumbled upon Robert Francis (currently on tour with well known artist Jason Mraz) and loved every sound that emanated from the speakers.

Robert Francis is not new to the music scene, though he is lesser known. A Los-Angeles based singer/songwriter, his first album was an independent production entitled *One by One* (2007). One by One was created in a friends recording studio, and emerged out of Francis's romantic turmoil. Though it made little money, the album drew enough attention to get Francis an actual record deal with Atlantic Records, leading to the release of *Before Nightfall* (2009), the follow-up album that expresses his growth as a person, and takes another view of his pre-

vious relationship. *Before Nightfall* has twelve tracks, each different from the next, but collectively flow together to make a very intricate and deep album lyrically.

The album starts off with a slower song called "Darkness". The rawness of Francis's voice is haunting with a piano and percussion combination. "Darkness" is not the strongest kick-off to the album, but the track that follows it, "June Bug", is lyrically and musically one of the best tracks on the entire album. With lines like: "You'd put the moon in a basket on your bike front by the coast. The way your face lit up in pale grief you were a ghost", and "That was love I could not keep. You were beautiful then. I'm still in too deep" evoke emotion and give glimpses into Robert Francis's life. "June Bug" also has a very catchy chorus and is definitely one to listen to on repeat.

"Nightfall" and "Climb a mountain" both go back to the slower tempo that "Darkness" had. "Nightfall" contains the line: "Baby I'll be gone before the nightfall" from which the album is named. "I like the air" comes next, and picks

up the mood with the musical feel of something from the '70's; an almost Doors-y quality. Following "I like the air" is a track with really great music to match high lyrical quality. "Keep on Running" opens with an incredible bass line played by Alex Kveskin, matched with Robert Francis's voice and words making this an easy one to keep on repeat as well. The remaining tracks on this album alternate in a slow/upbeat song pattern.

Overall, *Before Nightfall* is definitely an album that I would recommend. There is a good mix of slower songs paired with those of a more upbeat tempo. The seventies feel of some of the tracks makes it a really interesting album as a whole, and the lyrics are something that everyone can take from.

Recommended for fans of: Laura Marling, The Doors, amazing lyrics, being mellow and men in plaid.

Not recommended for fans of: Marilyn Manson, Agnostic Front, bad Swedish pop, and closed minds.

Fall Season Premieres Falls on No Television Week

BY KRISTY FAULKINGHAM
Nor'easter Staff

This year many of the fall season and series premieres fell on No TV week. No TV week was September 19-25. This was a week where we are suppose to turn off our TV's and get out and play, engage in our communities and connect with our families. They have this week because screen time cuts into family time and is a leading cause of obesity in both adults and children, according to Center for Screen-Time Awareness. Excessive use of screen time for recreational purposes also leads to more sedentary and solitary lifetime, which is very unhealthy.

Many people will choose not to participate in No TV week because of all the season premieres that happened this week. People become so engaged in certain shows and wait for a premier in anticipation for several months so they choose to ignore No TV week. Why would you choose to turn off your TV after waiting for months for this show to premier again when there is no incentive

or requirement? While others may stay in and watch the season premier, few others follow it and turn off their TV's. This in return really hurts the audience view that some shows may get and even make it look like the show wasn't that watched. There is often competition to see which season premier was the biggest hit. It was illogical for the shows to premier on this week because they know there was a possibility that the viewings would be affected. Some of the fall season premieres that premiered during no TV week were: *Dancing With the Stars*, *House*, *Chuck*, *Glee*, *Biggest Loser*, *NCIS*, *Hells Kitchen*, *Law & Order: SVU*, *Criminal Minds*, *Bones*, *30 Rock*, *Grey's Anatomy*, *The Office*, *CSI*, *Smallville* and *Medium*. There were also many new shows that premiered during this week, such as: *Boardwalk Empire*, *Lone Star*, *The Event*, *Mike & Molly*, *Chase*, *Raising Hope*, *Running Wilde*, *Detroit 1-8-7*, *Undercovers*, *The Whole Truth*, *My Generation*, *Outsourced*, *School Pride* and *Blue Bloods*.



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Book Review: Barack Obama's *The Audacity of Hope: Thoughts on Reclaiming the American Dream*

BY CONSTANCE GLYNN
Nor'easter Staff

Barack Obama's, *The Audacity of Hope*, was published during Obama's time as Illinois senator in 2006. Preceded by this, Obama's first book, *Dreams From My Father* (a memoir), was published in 1995 before he even entered the political arena.

The title of his most recent work is derived from his 2004 Democratic Convention keynote address and expands upon many of the ideas that became part of his presidency campaign in 2008. At first glance, Barack Obama's second book is a political monograph, thus, unless one is a political science major here at UNE, you would walk right by it and never think about it again. Beyond our few political science majors, who would bother? Well, I would, and I did. It appeals to people like me with an interest/curiosity about politics and our political system, yet it is outside my realm of study here at UNE. Upon completion of my reading, I concluded one thing: it doesn't matter if you possess a soft spot for politics or not, for the writing is universal in its themes and is not limited to ideas of red states and blue states, Republicans and Democrats.

His work is divided into 9 different chapters: Republicans and Democrats, Values, Our Constitution, Politics, Opportunity, Faith, Race, The World Beyond Our Borders, and Family.

The politics that are present throughout this literary work are very broad and generalized; no ten-point plans are drawn up and Obama refuses to outline the specific ideas of different policies. Rather, he adheres to the exploration of main ideas; education, healthcare, the war in Iraq, etc. Furthermore, he merely suggests the general direction we should be headed in, rather than boring the reader with "a plan" on how to get there.

Obama examines the drama of idealism and realism; examining the gap between the myth of American life (the ideal of the American Dream) and the reality of it. In doing this, he brings about the ideas of a new kind of politics and a new kind of civic life. It is refreshing to explore different options when Obama steps out of the trait of the "either-or" elders of the political scene with an optimism that is unmatched and a candid way of story-telling.

Beyond the politics, there are flashes of grandeur in this text, mostly due to the fact that it is

largely in anecdotal form. Obama relates personal accounts of some places that he's been and the people that he's met. The places explored prove that our knowledge of the geographical world is limited in that Obama takes the reader to off the map locations. The people he meets along the way are people whose stories are untold, and as a twenty-year old growing up in America, are unimaginable to us. These two aspects, in my opinion, are the most interesting and compelling aspects in the reading. Perhaps the most unexpected thing I discovered was his sense of humor. It is surprising especially in his trait of taking what would be very dry political rampages and mixing in personal stories with language that is familiar, witty, and candid.

Yes, Obama makes every effort to unite Republicans and Democrats in this book, blurring party lines, and moving away from politician's constant tendency to divide. Yet, at times, the reader may wonder if this is too bold a move; too ambitious? Maybe. Some may call it naive. Although, it is impossible not to respect the new politics idea and the new civic life idea; for they are what is embedded within the "dream" aspect of the ideal America.

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Chalk on the Walk 2010: A Biddeford Community Event

BY BRANDON HOTHAM
Nor'easter Staff

On Saturday September 25, 2010 from 11AM-4PM, Heart of Biddeford, a 501c3 Main Street Maine Organization, along with local businesses, vendors, and community members from the Southern Maine area, hosted the 6th

annual Chalk on the Walk community arts festival. This is one of Heart of Biddeford's largest community events, and this shows in the amount of attendees that were present for this year's arts festival.

The event showcased many local artists producing work on the street in an interesting medium: sidewalk chalk. The logis-

tics of the event each year are as follows: Heart of Biddeford contacts local businesses to "sponsor a square." This entails the business paying \$100 for a square that an artist will then draw in (business pay only \$85 to sponsor a square if they are a Biddeford-Saco Buy Local Participant). An artist is then assigned to a sponsored square (the business can choose an artist if they like) and the business' name is put next to the square for advertising.

In addition to contacting businesses, Heart of Biddeford also contacts vendors and performers to be present throughout the day at the event: for food and for fun!

Artist participants pay a small fee to complete a square, but if they are an artist by trade or a student, they can create a chalk square for free. Artists get free lunch, a free Chalk on the Walk T Shirt, and their square gets judged by a panel of artists, and the winning square of the day receives a \$300 take home prize!

This event has something for everyone: whether it's sidewalk art, for profit vendors, non profit vendors, a strong animal presence (this year's theme: Feathery, Furry, Slimy, Scaly), live music, and other live performances. The headlining performance this year



KYLIE GALLIANI, NOR'EASTER NEWS

Completed chalk square from Chalk on the Walk.

was the Pete Kilpatrick Band performing on the City Square Stage. The Maine Academy of Modern Music also performed at the beginning of the event in Mechanics Park on the gazebo.

The event seemed to run almost flawlessly. One of the largest treasures of this event is the community mural. The community mural was located on Adams Street right behind city hall in the middle of the road. The idea of the community mural is that anyone throughout the day of the event can grab some chalk and add to it whatever they choose. The result was phenomenal: an astounding piece of art that everyone in

the community literally was a part of. It was amazing to see.

This event occurs annually, and for anyone in the UNE community who has not attended in the past, you are truly missing out. This is a great student event; there are lots of vendors and performers who cater directly to students. It's also great to see a day where everyone supports the local business community. All the vendors were local, and all the attendees were buying from and supporting local businesses. The Nor'easter News Arts and Entertainment staff strongly encourages you to attend this event in the future.



KYLIE GALLIANI, NOR'EASTER NEWS

Completed chalk square from Chalk on the Walk.

OPINION

NOR'EASTER NEWS

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UNE's Moral Compass: A Lack There Of

BY BRANDON HOTHAM

Nor'easter Staff

In my third year at UNE, I'm amazed when I look around at all the changes that have occurred. When you talk to faculty and staff that have been here for years, their perspective is even different; they are truly amazed by UNE's growth. I had the privilege of talking with some alumni during this past alumni weekend, and their perception, as students from 40 or 50 years ago, is even more complex and amazed. Wow, UNE! You're great for all this growth and development! However, with growth comes costs, and I'm sick of no one paying attention to them.

When I started at UNE, I felt so connected to this institution of higher education. I felt connected to my faculty, to my fellow students, to staff members, and to everyone; everyone said hello, everyone knew your name. Most of these things are still true. However, UNE is feeling slightly different to me these days. Very different, in fact.

I walk around campus, and I overhear various conversations on our cozily packed campus. The years of happiness and concern for

one another feel few and far between these days. Instead, I hear worry; worry from faculty/staff about administration, worry from students about what's going on and why they don't know what's happening on their campus and in their home away from home, and the occasional passing comment from higher administration when they are sometimes actually visible and heard.

Maybe it's my position here at UNE, maybe I'm more in tune to what's occurring than I used to be in my days as a first year student. However, it seems that people have more concern these days; I would even label it fear. People are fearful about expressing themselves and their concern for what's happening. Why is this the case? What is there to be fearful of? Are people afraid they will be lost in the growth that is occurring; that students and faculty/staff will no longer be known by name, but rather by PRN?

What frustrates me even more is when I hear of controversial news, and I express it to students, they have no idea it's occurring. Sometimes, I'm very lucky to hear the things I do; it's mostly a right time, right place sort of occurrence; something I

simply hear in passing. What angers me even more is when students get upset about something that's happening at UNE...and then do nothing about it. They maybe approach it like I do; maybe they blog, or write a piece for the paper, or paint a picture, or walk across campus to clear their mind. Not that these actions aren't acceptable or therapeutic, but why not take some action? Why not mobilize? Why not have students, when they have an issue, take literal action? UNE is known for caring about student's opinions, so let's share them, as an equalized force. Here is mine.

When I heard that a certain staff and faculty member's position was terminated, I was devastated. Yes, I was emotional, but emotions and the fact that I worked with this person all summer aside, this person should not have been let go. Their skill set is needed in our institution, and they are the only person that would have been able to assist me in the huge project I completed this summer. Of course this is only my opinion from my standpoint, but many other faculty/staff/students seem to feel the same. They have worked here for nearly 20 years; and when their position was ter-

Please see *COMPASS*, page 18.

How Green is Big Blue?

BY RYAN KINGSTON

Nor'easter Staff

"They impacted how many acres of wetland!? How can this school claim to be 'green' when they do things like that!?" My heart skips a beat every time I hear this statement, which is actually quite often. UNE did, in fact, fill in about ten acres of wetlands, considered to be "significant" by the Maine Department of Environmental Protection guidelines. I am not writing this article to argue that what UNE did was necessarily right, merely to inform the student body about where we, as a University, stand in terms of sustainability. It is my hope that by informing everyone about where we stand, you will be able to make more informed opinions about this school.

Let's start with Sokokis. A 300-bed building, equipped with its own mailroom and fitness center. One could write an entire article debating whether we needed it or not, why UNE has so many students, and on and on, but the fact is that it was built and we have it now. The wetlands that were filled in were considered "significant" based on DEP standards. Without going into too much detail about the ecology of wetlands

and vernal pools, it suffices to say that if an area has a certain number of amphibious egg masses, it is considered significant, and is subject to strict guidelines on how it can and can not be impacted. Since UNE did have such a huge impact on this land, the Army Corp. of Engineers had to oversee compensation efforts. Essentially, because so many wetlands were filled, UNE had to make up for it by paying into an "In Lieu" fund that pays for wetland protection and enhancement in York County. In addition, wetlands in UNE's "369 acres" (actually, UNE owns about 363 acres of forest off of Pool Street, but it is commonly referred to as 369) were preserved at a 17:1 ratio. So because 10 acres were impacted, 170 are now forever preserved. As for the Sokokis area, don't expect torrential flooding just because the wetlands were removed. That seemingly aesthetic pond actually plays a vital role in mitigating storm water runoff. Don't get me wrong, this isn't an "environmental" effort, it's just engineering regulation.

Finally, as for the building itself, it's fully equipped with dual flush toilets to reduce water use, a section of green roof, energy star rated appliances, and a plethora of environmentally friendly ma-

terials. Sokokis is being reviewed for Silver Certification under the Leadership in Energy and Environmental Design (LEED). LEED is a third-party review of buildings that ranks how environmentally friendly they are based on energy efficiency, recycled materials, and a number of other standards. They may meet the minimum point requirement to reach "certified" status. With more points, buildings may be ranked as Silver, Gold, or Platinum. Sokokis is the second building at UNE to be built for LEED, with the newest pharmacy building in Portland being the first. It is currently being reviewed for Gold Certification.

Built into the cost of Sokokis was a 30 square yard compactor to be used specifically for single sort recycling. Thanks to this project, we now recycle almost everything in those green bins around campus. Plastics one through seven, metals including aluminum cans and foil, paper, and cardboard can all be placed in those bins to be compacted and sent to the recycling facility in Portland. This is a huge step towards a sustainable campus, especially when considering the fact that the city of Biddeford does not recycle as extensively. With so much talk about remov-

Please see *GREEN*, page 18.

Football, Coupons and Breast Cancer

BY AMBER BENOIT
Nor'easter Staff

As the granddaughter of a breast cancer survivor I think that breast cancer awareness is extremely important. That is why when October comes around it always makes me so incredibly happy to see how much breast cancer awareness is promoted throughout the month. Granted, I think that breast cancer awareness should be just as prevalent all year round, but I understand that life just doesn't work that way. As a poor college student, football fan, and avid TV watcher I have been bombarded with breast cancer pink in the last few days.

As I was clipping coupons last weekend, I noticed that many of them were promoting breast cancer awareness, and a lot of those would donate 10 cents for every coupon used before they expired. This is a good promotion for awareness because not only does it save the user money, but it also donates money that the user may not have to donate for themselves. I encourage everyone to go out and find coupons for things they buy, not only will it save them some money, but it also helps out a worthy cause.

I mentioned that I am a foot-

ball fan. I am a football fan, but not just the type of football fan that watches their favorite team play on Sunday (or Monday or Thursday if that be the case). I am the type of fan that watches every game possible on Sunday, Monday and/or Thursday. I am also the type of fan who plays fantasy football. Not for money because God knows I am too poor for that, but instead I play for the satisfaction of (sometimes) watching my team win. I love that on October 1st when I went to the nfl.com website that the background was breast cancer pink. To make things even better, for the most part the players, coaches, and staff wear pink to promote breast cancer awareness during the month of October. While some fans dislike the bright pink gloves some of the players wear (after all what player wants their hands to be easily seen by referees?) I think that it is a great gesture put forth by the players of the NFL. The NFL also does an auction on their website in which they auction off the pink items that have been worn in games. 100% of the profits from this auction go towards the American Cancer Society.

I used the word bombarded to explain how much Pink I have seen in the past few days. This is Please see *FOOTBALL*, page 17.

no joke. Just today on our way home from campus my roommate and I were in a small convenience store and there was a bag of SunChips sitting on the chip shelf. This bag was almost completely pink. Now, if I liked SunChips I probably would have bought the bag; but I don't, so I didn't. We also saw some donation cards at the register that donated to breast cancer awareness, and although we couldn't find a price the fact is they were there promoting breast cancer awareness. Yoplait is another consumer good that promotes breast cancer awareness. Collecting the lids and mailing them in to Save Lids to Save Lives donates money to the Susan G. Komen foundation. Being one of the only yogurts I like is a plus in this case.

On October 1st we participated in Pink Out on campus. I saw a lot of people wearing pink, and I am happy that so many people were able to wear pink to jumpstart the month off right. Normally, I hate that pink is associated with women and girls. I don't think there should be colors specifically for the separate sexes. For instance, my favorite color is blue, typically considered a male color. However, during October I appreciate that pink helps us with

LGBT Awareness

BY ELYSE "SPIKE" JOHNSON
Nor'easter Staff

Tyler Clementi was a brilliant violinist, a freshman on the Rutgers University Campus in New Jersey and before Sunday, he was relatively unknown to the world. However, in the wake of recent events that have unfolded, his story has become the catalyst for direct action around the globe. This unassuming 18 year old was filmed secretly in his dorm room during a sexual encounter with another man. Dharun Ravi, Tyler's roommate, had apparently been using his webcam to view Clementi's activity for several days before then with the tweet "Roommate asked for the room till midnight. I went into Molly's room and turned on my webcam. I saw him making out with a dude. Yay," on September 19th and "anyone with iChat, I dare you to video chat me between the hours of 9:30 and 12. Yes, it's happening again," on the 21st. The following day Clementi committed suicide by jumping off of the George Washington Bridge. Both Dharun Ravi and Molly Wei, a friend, are being charged with two counts of invasion of privacy. This senseless death is just one in a string of recent LGBT related suicides that have occurred nationally.

Seth Walsh was a 13 year old in Tehachapi, California when he took his own life earlier in September. On the 27th, Seth Walsh died in the hospital after a tragic nine-day struggle on life support. He had supposedly endured taunting for years due to his sexual orientation through cyber-media and in person bullying.

Billy Lucas was a 15 year old attending Greensburg High School in Indiana who committed suicide on September 9th after

other students called him a "fag" one too many times. Other bullying included harassment from girls in his classes, people telling him that he should "go kill himself" and countless other statements. Claims are that at least one other student notified school administrators of the ongoing torment, and administrators took no action. On September 9th, Billy was found hanging from the rafters in his barn.

Asher Brown was a 13 year old in Houston, Texas where he shot himself in the head on September 23rd. After years of bullying based on his accused sexual orientation, small stature and socioeconomic status and multiple phone calls to the school administrators on his parents' behalf, Asher decided to end his own life leaving no note.

Tyler, Seth, Billy and Asher all lost their lives suddenly and without the dignity or respect they deserved from their peers. This distinct lack of respect came from fellow students, from their school administrators and from the ignorance around the world. This tremendous impact on the LGBT community has not gone unnoticed by celebrities. Anne Hathaway, Tim Gunn and Ke\$ha have all contributed to the itgets-better channel on youtube that features short personal vignettes from adults speaking directly to teens in crisis reassuring them that everything does get better and that suicide is not the only option. Gay couples like Dan and Terry and lesbian couple Erica and Jen also speak to kids, telling them from personal experience that it is possible to be completely open about your sexual orientation and to live a life free from hate and harassment.

It is our job, as young adults, to make sure that those beautiful

Please see *LGBT*, page 17.

The Disruptive Dilemma

BY DEANNA BAUMERT
Nor'easter Staff

The solutions: Shove your headphones or ear plugs into your ears, half smother yourself with your pillow, or yell at people.

The problem: People in residence halls are loud.

How so? I think you know. I mean, you can't tell me you've never been annoyed by those stupid disturbances in the middle of the night. What? You haven't? Well here's a general overview for those of you who are lucky enough to be ignorant.

First of all, people like to talk in really loud voices. I mean, why not hold conversations with random bits of yelling thrown in there, right? It's not like people are trying to sleep or anything. Nobody goes to sleep before midnight, so there's really no reason to keep your voices down. That's a true fact right? Of course not.

Another disturbance: Slamming doors. Seriously, it is way too much effort to let the door close gently and slowly so as not to disturb your sleeping floor mates? No, they can deal with it. Conserving the energy that would go into closing a door quietly is more important than everyone else's need for undisturbed sleep anyways. Again, please note that this last statement is completely and utterly false. Let's not forget these other minor annoyances of the night: Taking showers at midnight when you've

had all day to clean yourself, running through the hallways sounding like a herd of stampeding elephants, and rearranging your room at 1AM without bothering to stifle the scraping and banging sounds. Then again, how can you stifle the sounds of moving furniture? Hate to break it to you, but you can't. That's why it's a problem.

But it's not just nighttime disturbances; early morning music blasting is quite annoying as well. There's nothing that your neighbors like more than waking up to the bass line of your favorite song, especially when it's their one day to sleep in. How inconsiderate of you. Any of those ring a bell? For those of you who are still saying no, you have either developed a very useful ability to sleep through noises, are lucky enough to be in a quiet hall, or are one of the disruptive culprits. Now let's assume, hypothetically of course, that you are in the third group. What do you do? Well you can start by lowering the volume of your voice. Next time you find yourself deep in conversation at a very late hour, remember that the people whose closed door you're standing outside of are most likely trying to sleep. They really don't care what is going on between your roommate and the guy from the third floor. They just want you to stop talking.

Next, pay attention to how you're shutting your door, or any door for that matter. A door that slams shut is like an alarm clock

to some people, and even you know how annoying an actual alarm clock can be. Think about that next time your poor arm muscles protest to the minimal effort needed to gently shut a door.

Additionally, though seemingly small self-improvements can be made to reduce your disruption output. Try taking a shower at a more reasonable hour. What is a reasonable hour? Preferably before quiet hours, and definitely not at midnight. Also, consider ending the late night corridor races. Those too can be done during more reasonable hours or, better yet, do them outside. Besides the obvious benefit of not annoying the sleeping people, you'll have much more room in the great outdoors.

As for the room renovating, don't do it after quiet hours. There's no way you can move large wooden furniture without the accompanying racket. Plus, you're probably tired and have no desire to move furniture quietly. And even if you are full of large quantities of caffeine, you're probably too hyper to be quiet about anything.

Finally, remember to keep the music off, or at least try not to blast it. You could play your neighbor's favorite song and she will still be very annoyed that you woke her up at six when her first class isn't until one. So the bottom line here? Be considerate, save disruptive noises for more reasonable times, and please, shut up.

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FOOTBALL

CONTINUED FROM PAGE 16

our promotion of breast cancer awareness.

Last year Facebook (although I don't know that we really know who started it) did its own promotion. Women were supposed to put the color of their bra as their status and nothing more. They then sent private messages to all their female friends inviting them

LGBT

CONTINUED FROM PAGE 16

sentiments are true statements. The violence and hatred surrounding these tragic deaths are the result of ignorance and intolerance, both of which permeate the world we live in. These go hand in hand with so many cases of bullying which is not restricted to middle schools and playgrounds but which extends often into the adult workplace. There is no excuse for the use of words such as "fag" or "dyke" when there are so many educational resources available.

Last Thursday and Friday, students affiliated with The Group, UNE's Gay Straight Alliance used chalk to write messages of love

to do the same. We drove the men crazy until their female friends, wives, girlfriends, etcetera broke down and told them what it was all about. Facebook has started something similar this year, but since it is ongoing and I probably still have some male readers, I will not say anything more just now.

I really like that breast cancer awareness is given so much attention now. When my grandmother

was diagnosed with breast cancer and going through the treatment, although I was young, I don't remember quite as much promotion of awareness in the years surrounding her battle with the disease. It makes me happy to see that early detection is being advertised, because early detection truly saves lives. After all, saving lives is what breast cancer awareness is truly about.

and acceptance across campus. These pieces of art are scrawled on sidewalks and roadways as a part of the first annual You Are Loved campaign which is nation-wide at high schools and colleges. This campaign is a direct result of these recent suicides which Ellen DeGeneres called "a national crisis". UNE junior Lauren Stephenson created a massive and striking chalk message behind West Hall that reads "You are loved - UNE supports LGBT - Love is Love, Love and Be Loved." Created on Thursday night, she said, "I am so grateful that these messages will be all across campus for everyone to see. This campaign is truly needed, and although we have a small community that is very ac-

cepting this message still needs to be heard. The support behind my drawing was incredible and people were curious and excited to see this message all over campus."

Ellen DeGeneres said, "This needs to be a wake-up call to everyone that teenage bullying and teasing is an epidemic in this country and the death rate is climbing...We can't let ignorance and intolerance take another kid's life."

Suicide is never the only way out. There are so many resources available to anyone who is struggling with the thought of suicide. Please reach out when you need to, and reach out to those who are searching for a hand in their times of need.

Welcome to My Life

BY DANIELLE CROPLEY
Nor'easter Staff

In the words of Simple Plan, "Do you ever feel like breaking down? Do you ever feel out of place? Like somehow you just don't belong, and no one understands you?" I'm not going to continue with the punk-rock, angst-ridden, totally cliché lyrics, but my questions are still valid. Do you ever feel like you're skating on the thinnest ice imaginable, and at any moment you could fall through? Look around you. I bet three out of the four people you see are carrying invisible, immeasurable weights on their backs the size of boulders, and the world just keeps piling them on. The pressure that surrounds you on a day to day basis is something that most anyone can feel, whether it's first hand or viewed as an onlooker.

It has been proven that between the ages of 18 and 24, young adults will grow and change into fairly-solidified adult figures. That being said, during this whole growing up to be a grown-up stage, there are amazing amounts of stress, expectations, and limitless goals piled on miles thick, by nearly every source around us. Basically, we as a collective youth, are spending too much of our time doing the things that we think other people want us to do. We are trying to live up to the standards, the expectations, the goals, all the while increasing the stress and pressure in our lives.

Most of us know it's totally irrational to strive to be perfect or to achieve everything in our reach, and we should also know that no one expects us to do that, but that's untrue. Society expects us to grow

and adapt and learn how to grow up before the world outgrows us. We all want to be leaders and achievers and those people who get their faces plastered on cereal boxes. We are all working toward tomorrow, all the while forgetting today, and, lord knows, we've worked straight through yesterday.

Take a look at your day planner or your whiteboard or your post-it notes scattered across your visual plane. What is on that to-do list? How many things on there do you really want to do? Is there any one thing (not including homework because that is kind of why we're here) that is really worth all that extra, stress-filled time? When I look through my stack of things to do, I really question whether or not I'm spending my time wisely. I question whether being a member of several clubs and organizations, working twenty-hour weeks, and taking on a full course load is really necessary and vital to my success here at UNE. Then I circle back to that want and need to make a better tomorrow for myself today.

As college students, not just UNE students, but as college students, we are overdoing it daily. I look around and people are maxing out their energy stores, their free time, and basically discarding time for fun, all because they need another resume builder. Now, I'm not one to talk, at all. I'm the atypical, goal-driven, perfectionist that wants to do all, be all, and achieve all. But I can't, and it's time we all stop spreading ourselves so thin that we don't remember what our name is when a professor asks (trust me, it happens).

Think about it. Is a PB&J really worth it when there's bare-

ly any peanut butter and just a veil of jelly? I mean, the bread, aside from providing the mom-approved nutritional value, is just there to act as a skeleton to hold the ooey-goey goodness together. Doesn't the same apply to us? What are we without our ooey-goey goodness? We're just the skeletons of the people

Please see *LIFE*, page 18.

Parking Tickets: The Positive in the Negative

BY ELISABETH ZIEMBA
Nor'easter Staff

Parking tickets seem to come up frequently in conversation no matter where you are, or who you are. Parking tickets show up in popular culture as well. On television, a parking ticket can be the reason that a dead body is discovered, or can be the means by which a criminal is brought to justice, although I often wonder if that is the case in real life. On campus, what are people saying about parking tickets? They are unfair, ridiculous, or just plain cruel. But let's take a look at why people get parking tickets. The most popular reason for getting the little piece of paper stuck on the windshield? They didn't buy their parking pass. Now, my favorite complaint about this one, I hear all the time. "Why should I have gotten a ticket? I'm not going to pay \$90 (or \$300) for a parking pass when parking should be free!" First of all, take a look around. Do you see enough parking spots for every single person to have a space? No. Luckily, not everyone at UNE drives. Part of the reason for having parking passes is to keep track of how many people we need parking for. Sure, you think that parking pass costs a lot of money. But your first ticket was \$100 dollars, and you'll keep getting them unless you buy that pass. So for commuters, that's an extra \$10 just for

Please see *PARKING*, page 18.

the first ticket. Residents, the next ticket will be more expensive, you may as well cut your losses now and not wind up spending more than the \$300 initial fee. Now let's look at the second reason people get tickets: they are parked where they aren't supposed to be. Handicapped spaces are for the handicapped, and really, it's just rude to take that spot, not to mention highly deserving of a ticket or a tow. Commuter parking may be closer to your dorm, but it's for commuters. Carpool parking spaces require a carpool pass—if you carpool regularly, talk to security about getting one, and then you won't be ticketed for parking there. Parking in a no parking zone? You're lucky that all you got was a ticket, because you could have been towed, especially if it is a fire lane. Let's face the reality: almost everyone is going to get a ticket. Maybe you weren't paying attention and forgot that you hadn't parked your car in a lot after unloading the groceries to your room in one of the dorms. Everyone makes mistakes, but the best thing is to learn from those mistakes. Next time, see if your roommate will unload the perishables while you move your car so you won't forget. Now, if you are doing something maliciously or just because you don't think you'll get in trouble for it, you more than deserve that ticket, so quit your whining. I'm tired of hear-

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Voices in the Crowd: Do You Think Parking is an Issue on Campus?



"Not for residents of Soko, but when the other buildings go up over there, I'm sure it will be!"
Lindsay Ellis - Resident



"Yes! As a commuter it's important to find a space quickly, and that doesn't happen very often!"
Troy Wilcox - Commuter

BY ASHLEY POWENSKI
Nor'easter Staff

DID YOU KNOW?

Commuters are allowed to park in resident lots; however, residents cannot park in commuter lots.



"Not for my bicycle!"
Joselle O'Brien - Resident



"I don't have a car, but I've heard complaints about the distance."
Belinda Ampomah - Resident

COMPASS

CONTINUED FROM PAGE 15

minated, they were treated like a number, not like a person. Shame on UNE. Shame. I'm disgusted by this. I chose this institution because of its care for people, not for its lack of understanding and moral integrity.

UNE treated this employee as if they had no soul, no heart. They were a number; collateral damage. Human Resources watched them as they cleared out their office, as if they were going to sabotage something. They were made to leave immediately; their email was shut off, their livelihood taken, all in a sign over of a department to a company outside of the University. They were let go as if they were material; an empty vessel.

I heard all of this information from walking around campus on the day this happened. I heard the outrage from students and fel-

low faculty/staff. UNE's administration, particularly the Provost, Jacques Carter, heard this outcry and listened to the community. This person has since been hired back, after many letters and comments were passed up the chain of administration (I sent an email as well). Thankfully, administration heard.

So, a happy ending? Hardly. UNE was about to let go of a staff/faulty member without any regard for their life and their employment. If people (and I mean numerous people in the right place at the right time) had not overheard and seen this happen, this action of immorality would have gone unnoticed. This person would have been "terminated," and no one would have noticed. This makes me really think about everything...it makes me aware. It makes me sick to my stomach. How much goes on that we don't know about? Of course, the previ-

ous question is only speculation, and I'm doing my best to stick to the facts.

I'm glad that the person referenced above is coming back. I hope my readers know who I'm talking about. If not, ask around. It would be easy to figure out if you really want to know. Since UNE wants to keep things so quiet, I guess I will do the same. I don't have to mention the name; the important names are within your administration, human resources, and their actions. My advice to you, the student reader: stand up. Don't be inactive, be active. Question authority. Question the University's decisions. Your money, your debt, your investment powers this institution, and without it, there would be no outsourcing of departments, there would be no expansion, there would be no new up and coming dental school, no expansion of online education, no promotions for administration, no

faculty, no staff; there would be nothing. So, it is time to get active. I urge you, the next time you hear something, and you know its fact, and it angers you and you see a moral flaw in it, question it. Then, if you don't get an appropriate response that makes sense, act. Act in outrage. Find your administration, ask them questions. Get an answer. Do your best to make a change, and act with moral integrity always, unlike those who tried to let go of a faculty/staff member who had been here for nearly twenty years. For you

students out there, that's your age, that's your life. Think about this the next time someone refuses to act with moral integrity, and make them change their mind. We are all responsible for the things around us in this world; it's time for us to act that way. Don't be a victim, don't be a hero, be an honest and upright person. Most of you will read this and be empowered. Most of you will think of this when something like this happens again. What's sad: most of you will still do nothing.

GREEN

CONTINUED FROM PAGE 15

ing the trash incinerator from the city, UNE has made the first step in reducing the need for such a facility.

Speaking of Biddeford, I'm sure everyone has at least heard of the shuttle bus that runs downtown every hour, as well as the Zipcars anyone can sign up for, and the free bikes offered to first-year students. These programs received national attention, and ultimately reduced the number of cars brought to campus by students. Of course the \$300 parking pass is a huge disincentive, but did you know that the money from those passes are reinvested into the bikes and Zipcars? There

really is a method to the apparent madness of the school's administration.

And of course we have the \$238,000 in grants that will pay for sustainability projects on campus, but if you want to know more about those, you can read Danielle Croyley's article. Again, I am not saying that UNE has a perfect track record for protecting the environment, but we have to understand what is already going on here before we can offer suggestions for improvement. I don't think you can hate UNE for not doing a better job when there are economic and political restraints. Sometimes you just have to change the game before you can change the player.

PARKING

CONTINUED FROM PAGE 17

ing people complain about the \$100 ticket for failing to buy their parking pass. Security made sure that there was an announcement out in plenty of time to buy the pass before they started ticketing, and they inform us all the time if a lot is going to be closed or simply to remind us that the commuter lot is for commuters, not for residents. What more can they do? They aren't here to baby-sit you and make sure you move your car before it gets a ticket. We're supposed to be learning how to survive in the real world. Accept your ticket, and move on, learn from your mistake. If you have a legiti-

mate excuse, go ahead and fill out the dispute information, maybe you'll get the fine waived. I always hear people while I'm walking say, "I'm paying \$40,000 a year, why can't I park where I want? Why do I have to buy a parking pass? Why isn't there enough parking?" But there is enough parking on campus; you just might have a bit of a walk. This may be less of a positive situation now that there might only be parking in Sokokis Hall's parking lot while you live in Featherman or West, but there is parking. Sure, I never liked it either, especially living in Featherman and coming back one day to find the only spots were available all the way in the upper Fa-

cilities lot, but you know what? If I had given it any real thought, I would have probably realized that I could put that walk down on my Fitness Challenge sheet—I was exercising, having to walk that extra few minutes back to my room. I saved myself \$15 by not getting a parking ticket, and got an extra 15 minutes exercise in? Sounds like a good day, as opposed to laying around for an extra 15 minutes, eating 15 pieces of candy, and winding up with a second ticket that might be \$30 or \$45. Try to find the positive in the negative of parking woes and then you won't have to find the positive in the ticket.

LIFE

CONTINUED FROM PAGE 17

we used to be. We're just bland, boring, sandwich-less bread. Well, maybe you're content with that lifestyle, but I'm not. Yes, I want a good job and I want to graduate with lots of recommendations. I want to become all the things I want to be and I know that the choices I make now will affect the outcomes later. However, I'm tired of sacrificing things just to fit in a meeting here and there.

Now, some of you have read

to this point and you're either A) agreeing with me, or B) thinking I'm making absolutely no sense. Well, for those of you that do agree with me, then you're probably paddling along in the same water-logged boat; and for those of you who don't agree, maybe you're one of the lucky ones. Either way, we all need to find a way to make our priorities more personal and less formal. We don't have to grow up right this second. We have plenty of time to stress out, and freak out, and give ourselves stomach ulcers. It's time

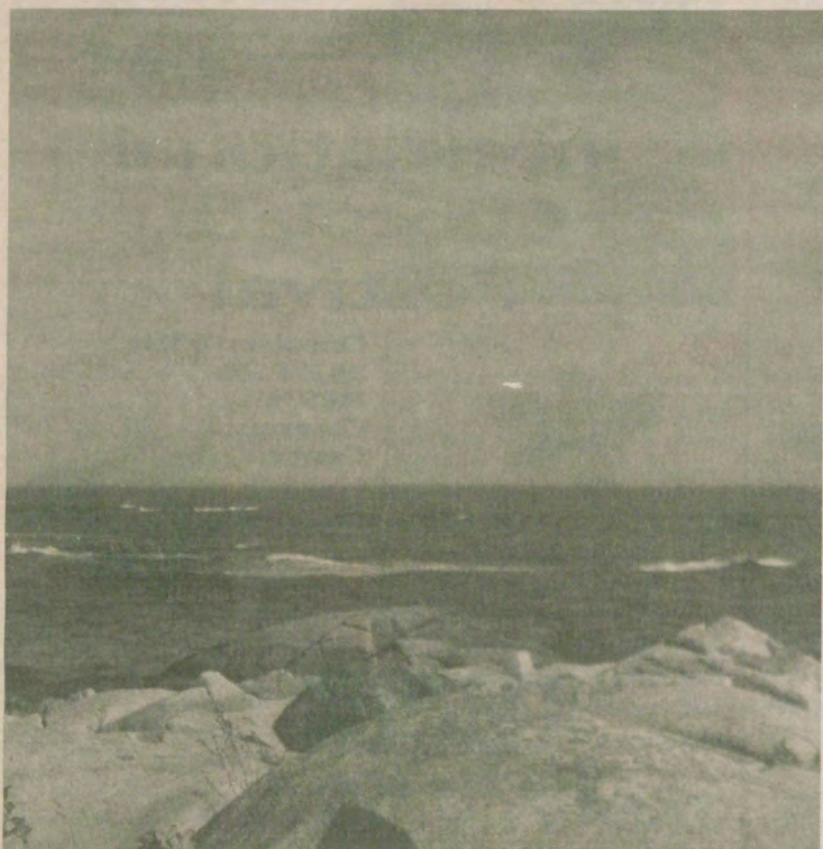
to focus a little more on ourselves before we run out of time to do so. My hope is that you, as a reader, take something from this rambling of sorts, whether you decide to eliminate a time-wasting activity or perfect your PB&J skills, I just hope you realize there are more important things than being the ideal college student. Perhaps I still haven't convinced you, or perhaps you're already on board. Just something to think about.



UNE Security Cartoon.

HANNAH GOODNOW, NOR'EASTER NEWS

PHOTO HIGHLIGHTS



A view from Biddeford Pool.

HEATHER MEA, NOR'EASTER NEWS

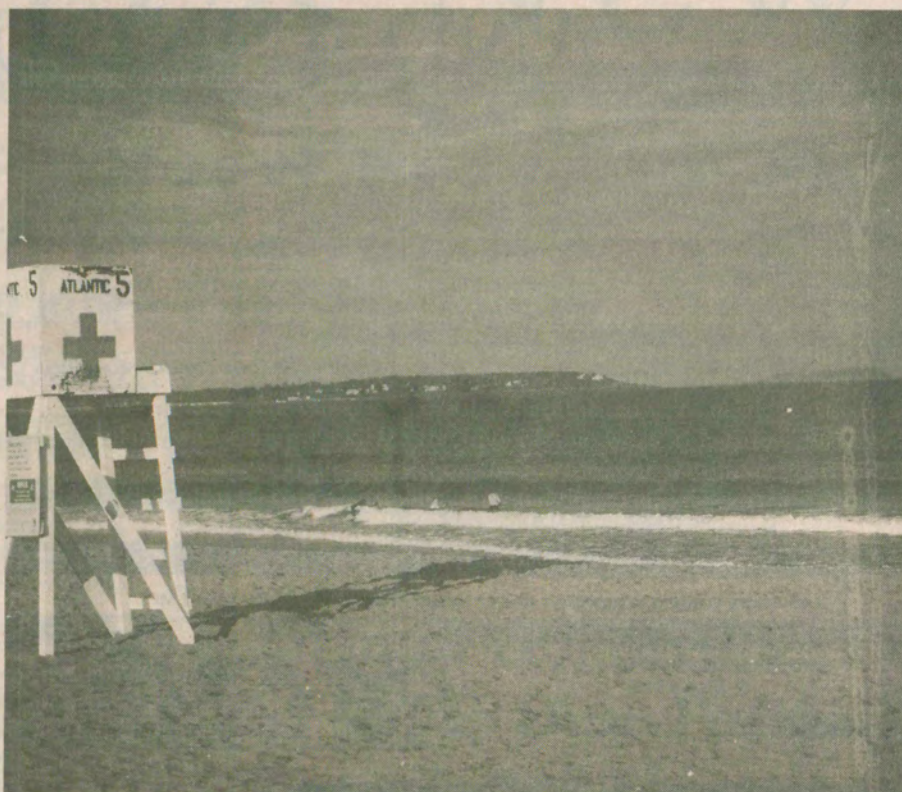


Photo of the Issue.

SAVANNA FORD, NOR'EASTER NEWS



Dune grass on the beach.

ASHLEY POWENSKI, NOR'EASTER NEWS



A flower.

KYLIE GALLIANI, NOR'EASTER NEWS

What is it?



HANNAH GOODNOW, NOR'EASTER NEWS

Last issue's "What is it?" was a picture of a kayak. Check out the next issue for this issue's answer!

UNE Coming Out Week 2010



"Come and Eat" BBQ - 4:30pm to 8:00pm Location: Point Kiosk
Meet new friends and get involved in our "community"

Gay & Christian? The Intersection of LGBT and Christian Cultures
12 pm, St. Francis Room
Out and Allied Project 7:30pm-9:00pm, MPR's

Guess Who's Gay - 7pm-9pm, Decary Café 2

Movie/Crepe Night "But I'm a Cheerleader"- 7pm-9pm, Marcil 323

"The Angry Lesbian" Comedian Jessica Kirson - 8pm to 9pm, Hang and MPR's

Safe Space Training- 1pm to 3pm
Marcil 323



At Biddeford City Theatre

Free with a UNE ID. \$5 for General Public.
Please contact the UNE Campus Center box office for ticket information.

Hosted By Scuba Club



Open to All

(Office Hours: Mon-Fri 2-4 Freddy Resource Room)



International Chocolate Festival

UNiEd (International Club)



Equipment Rental

- *No Cost to UNE Community (Students, Faculty, Staff)*
- *Available for up to 48 Hours*
- *Bike Packages (Bike, lock, helmet), Skis, Skates, Snowshoes (seasonally dependent)*
- *Easy to rent!*



Monday	12pm to 8pm
Tuesday	12pm to 8pm
Wednesday	12pm to 7pm
Thursday	1pm to 8pm
Friday	1 pm to 5pm
Saturday	10am to 6pm
Sunday	10 am to 5pm

(Located inside the campus center, down the back hallway in the equipment room, please bring your ID card to rent)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Experience Required! 		Walking Yoga 9:00-10:00 Outdoor Northwest Coast	Yin Yoga/Toga 10:00-11:30 Indoor PFL Garage			Your minutes in classes count toward the Student Fitness Challenge!
			Aqua Aerobics 12:00-1:00 Indoor Pool			
<h1>Cardio Club Fall Schedule 2010</h1>						
CLASSES ARE FREE! OPEN TO ALL STUDENTS, FACULTY/STAFF & BODYWISE COMMUNITY MEMBERS						
Yoga/Stretching 6:00-7:00 Indoor		Yoga/Stretching 7:00-8:00 Indoor		Rockcamp 2:00-3:00 Rock & Aerie PFL Garage/Pool Deck		
Rockcamp 9:00-10:00 Outdoor		Rockcamp 10:00-11:00 Indoor		Yoga/Stretching 11:00-12:00 Indoor		
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Yoga/Stretching 11:00-12:00 Indoor		Yoga/Stretching 12:00-1:00 Indoor		Yoga/Stretching 1:00-2:00 Indoor		
Yoga/Stretching 2:00-3:00 Indoor		Yoga/Stretching 3:00-4:00 Indoor		Yoga/Stretching 4:00-5:00 Indoor		
Yoga/Stretching 5:00-6:00 Indoor		Yoga/Stretching 6:00-7:00 Indoor		Yoga/Stretching 7:00-8:00 Indoor		
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SCHEDULE EFFECTIVE AS OF 9/20